



“Do Life with Power!”

Life’s Perspective Power Sheet

Use the numbers below to evaluate your progress:

1- Needs more focus 2 - Powering Up 3 – Powered Up 4 – Powering into overdrive

QUALITY OF LIFE	Today:	3mo.	6mo.	12mo.
I am living the life I imagined				
I look forward to each day				
I have a wonderful personal relationship				
I am constantly learning things				
I am happy with my life				
I own the house of my dreams				
I pray and meditate daily				
I visualize my goals everyday				
I read my affirmations everyday				
I take time to have fun				
I have all the money I need to take vacations				
I feel in control of my life, daily				
I achieve most of the goals I set				
I am connected to good friends				
BUSINESS AND MONEY	Today:	3mo.	6mo.	12mo.
I earn more than enough money in my business				
I am good at time management				
I manage money effectively				
I complete tasks in a timely manner				
I produce at high level each day				
I have a clear mission & vision for my business				
My business is connected to a worthwhile purpose				
Each day I am working in my dream				
I am great at networking with other business owners				
I have a strong team and the support I need				
PERSONAL LIFE, HEALTH & EMOTIONAL WELL-BEING	Today:	3mo.	6mo.	12mo.
I exercise almost everyday				
I eat healthy almost everyday				
I get a good night sleep every night				
I have a great sex life				
I am confident and calm in nerve wrecking situations				

I have a healthy weight				
I have a lot of laughter in my life				
I have high self-esteem				
I find it easy to relax				
I am comfortable around people I don't know				
I spend time with good friends and family				
I communicate my feelings effectively				

Pat Council

<http://www.designingyourlifetoday.com>

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