

For each life domain, write what actually matters to you (not what 'should' matter), then one small action this week that moves toward it.

Relationships (family, friendship, romantic)

What matters to me here:

One small action this week:

Work / career

What matters to me here:

One small action this week:

Personal growth and learning

What matters to me here:

One small action this week:

Health and physical wellbeing

What matters to me here:

One small action this week:

Leisure and recreation

What matters to me here:

One small action this week:

Community and contribution

What matters to me here:

One small action this week:
