**10 Life Categories**

Be Authentic; This is about you!

As you answer these questions, think about how you may be influenced by society, family, friends, peers, co-workers, etc. and how they may impact how you respond. With that in mind, make sure you answer these authentically about you and not what you think others want for you or what others think you should want or desire. This is all about you. They can do their own exercise.

As you go through this, a question to repeatedly ask yourself is “Do I really want this or does someone else want it for me?

**Instructions:**

**DO**

1. Write like you’re a kid at Christmas and can ask for whatever you want! There’s nothing that’s off the table.
2. Imagine there’s a Genie that will grant your each and every wish (and yes, you can wish for more wishes!).
3. Pretend you won the lottery and money isn’t a concern.

**DON’T**

1. Worry about your current situation, environment, schedule, or circumstances.
2. Worry about what category things go in.
3. Talk about money or put dollar signs anywhere on this.

**NEEDS**

This category is about your non negotiable must have things in your life. It’s your list, not anyone else’s. It can be harmful (physical, psychological, emotional, etc.) to you if you don’t have these.

**List Your NEEDS**

There can be as many as you deem needed.

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for NEEDS? (assuming you are not a 10 now)

This is one thing only and it’s the most important thing right now.

**WANTS**

These are the things that would be nice to have but aren’t required in your life. It’s your list, not anyone else’s. It is not always about toys. It might include trips, relationships with certain people, etc.

**List Your WANTS**

There can be as many as you desire.

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for WANTS? (assuming you are not a 10 now)

**SPIRITUAL**

These are spiritual and faith aspects of your life. What do you want for yourself? What do you want to impact or inspire?

**List Your SPIRITUAL goals**

There can be as many as you desire.

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for SPIRITUAL? (assuming you are not a 10 now)

**FAMILY**

These include your spouse, kids, parents, siblings, grandkids, etc. What do you want from and/or for your family relationships? What about legacy?

**List Your FAMILY goals**

There can be as many as you desire.

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for FAMILY? (assuming you are not a 10 now)

**FRIENDS**

These are the people outside your family. What do you want from and/or for your friends relationships?

**List Your FRIENDS goals**

There can be as many as you desire.

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for FRIENDS? (assuming you are not a 10 now)

**PERSONAL GRATIFICATION**

These are things you’re passionate about. What are some things that you can get behind, things that arouse the passion within you?

**List Your PERSONAL GRATIFICATION goals**

There can be as many as you desire.

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for PERSONAL GRATIFICATION? (assuming you are not a 10 now)

**CHARITY**

This includes money, time, resources, etc. What do you want to see happen and what role do you want to play? This one’s about you and your role.

**List Your CHARITY goals**

There can be as many as you desire.

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for CHARITY? (assuming you are not a 10 now)

**HEALTH**

This include physical, mental, and emotional attributes. What level of health do you want to achieve on all fronts?

**List Your HEALTH goals**

There can be as many as you desire.

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for HEALTH? (assuming you are not a 10 now)

**HOBBIES**

These are the things you do for fun. What activities excite you where you play an active role?

**List Your HOBBIES (both the ones you do and the ones you might like to do)**

There can be as many as you desire.

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for HOBBIES? (assuming you are not a 10 now)

**NO REGRETS**

These are the things you’d regret not doing, experiencing, or having.

**List Your NO REGRETS desires**

There can be as many as you desire. No pun intended.:)

To what degree are your “NEEDS” met (scale 1 – 10)?

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Fully Met |
| O | O | O | O | O | O | O | O | O | O |

What’s the most important single thing you think you need to do to help you achieve a 10 for NO REGRETS? (assuming you are not a 10 now)