Most of us spend our time in the eight general categories of this life circle.

Definitions for each area:

- Fun: Vacations, hobbies, pleasure reading, travel
- Relationship: Friends, current or future life partner
- Career: Job satisfaction, work, career path, education
- Family: Children, parents, relatives
- Social: Sports, activities, clubs
- Health: Exercise, diet, vitamins
- Financial: Savings, investments, home, retirement plan
- Creative: Self-space, spiritual, artistic, community, sharing with others

Identify a goal that you wish to reach in each of the categories. For example, if you have been telling yourself you need to “get in shape,” you may wish to create a goal such as, “By January 31, I will go for a 30-minute walk three times each week.”

Options: You may wish to rate your satisfaction with each category on a scale of 1 to 7. Then develop goals for the two or three categories that you rated the lowest.

If these categories do not work for you, change them to something more meaningful.