

How Am I Doing in This Season of Life?

	Sinking	Surviving	Progressing	Thriving
Spiritual				
Marriage/ Significant Other				
Children				
Physical Health				
Emotional Health				
Financial				
Career				
Social				

***Mark an X in 1 of the 4 available boxes next to each life category**

1. In which categories did you mark Sinking or Surviving? Determine one consistent action you will take in each of these areas. Tell someone you trust about these actions and ask for accountability.

2. In which categories did you mark Progressing or Thriving? What actions led to your success in these areas? What will you do to continue and increase your success?

***If you want to experience exponential growth with help of a professionally trained coach, email this completed form to michael@mcgreevyleadership.com**