

LIVING INTENTIONALLY TO CHANGE YOUR LIFE

Personal Worksheet



PREPARATION

Preparation helps you live intentionally and effectively rather than being reactive or distracted.

1. From 1 (low) to 10 (high), how prepared are you to live your life more effectively?
2. What are a few positive things you would like to achieve so your life gets better?
3. How are you currently doing emotionally, spiritually, socially, and personally?
4. What are specific small steps you can take each week to be prepared for life?

AWARENESS

Awareness of your issues and God's grace gives you perspective instead of being oblivious.

1. From 1 (low) to 10 (high), how aware are you of your weaknesses and strengths?
2. What is the most important area you feel you should work on to improve your life?
3. Just for today, are you willing to commit to look for things that you are grateful for?
4. What are specific small steps you can take each week to increase your awareness?

CONNECTION

Connection comes from investing in relationships with others and God rather than being isolated.

1. From 1 (low) to 10 (high), how connected are you with other people and with God?
2. Who are a few people you would like to develop closer or better relationships with?
3. What is an area of your life where you could use help from others or good resources?
4. What are specific small steps you can take each week to increase your connection?

EDUCATION

Education on how "real life" works will help you make wise choices versus being uninformed.

1. From 1 (low) to 10 (high), how informed are you now about how to live life effectively?
2. What are situations you are facing or anticipate where you want to make good choices?
3. Can you think of a particular area where it would help you to "Pause-Evaluate-Choose?"
4. What are specific small steps you can take each week to get more "real-life" education?

STEPS

Steps you plan and take intentionally will change your life one day at a time instead of being stuck.

1. From 1 (low) to 10 (high), how committed are you about taking some positive steps in life?
2. What benefits might you experience if you capture your answers in a life plan and follow it?
3. How would it improve your life if you keep reminding yourself to take the next right step?
4. What are specific small steps you can take each week to live more intentionally?