



Exercise: Life Review

The purpose of this exercise is to invite you to view your life through a new lens; a large enough lens that might enable you to see new patterns and new possibilities.

Ask yourself the following questions regarding each area of commitment listed in the table below.

Questions to ask:

1. How are things currently in this area of commitment?
2. What are the things that I have wanted to do, but haven't yet gotten to in this area of my life?
3. What have I endured in this area without making changes?
4. What do I need to change in this area, and who will help me?

Body
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?
Family
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?

Relationships
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?
Work/Career
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?
Education
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?
Contribution
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?

Finance
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?
Public Life – e.g., politics and community
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?
Personal Environment
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?
Leisure/Play
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?

Spirituality
How are things currently in this area of commitment?
What have I wanted to do but haven't?
What have I endured without making changes?
What needs to change? Who can help?