

7 Areas of Life Worksheet

Client name: _____ Age: _____ Gender: _____

Other relevant information (if needed):

Career and business

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):

Short term	Long term
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Finances

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):

Short term	Long term
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Intellectual or educational

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):

Short term	Long term
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Relationships

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):

Short term	Long term
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Health and wellness

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):

Short term	Long term
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Personal

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):

Short term	Long term
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Spiritual

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):

Short term	Long term
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Additional notes