

# STATE OF MYSELF

Reflect on the topics below in your notebook. For best results, do this every year, starting by re-reading last year's State of Myself responses.



## FINANCES

- What financial successes did I have in the last year?
- Why did they happen?



## PROFESSIONAL LIFE

- What am I most proud of at work? Why?
- What is something I'm not happy about at work? Why?



## MENTAL AND EMOTIONAL HEALTH

- What in my life harms my mental and emotional health?
- How can I limit or remove those from my life?
- What boundaries do I need to put in place to improve my mental and emotional health?



## RELATIONSHIPS WITH OTHERS

- What relationships (parents, siblings, friends, significant others, kids, etc.) bring me joy? Why?
- What relationships don't bring me joy? Why?



## HEALTH AND FITNESS

- What am I most proud of about my health and fitness last year? Why?
- What is something about my health or fitness I'm not happy about? Why?



## FINAL THOUGHTS

- How do I feel about my life as a whole? Why?
- What am I most proud of? Why?