**Life Design: Three Years and One Next Step**

Instructions: (a) Fill in one thing only in the areas you are most sure of now? (b) No need to put something in every box. (c) Use past class materials to help you decide what you want to include.

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|  **Area of Life** | **In Three Years** | **One Next Step** |
| **Managing My Affairs** |  |  |
| **Health:** What basic health habits do I want to sustain, change or start?  |  |  |
| **Reflection & Planning:** How can I use alone time for inner strength and connection to life? |  |  |
| **Activity/Daily:** What daily habits do I want to change or sustain in doing & thought? |  |  |
| **Family & Friends**  |  |  |
| **Family of origin:** How do I want to connect with or honor persons in my generation? |  |  |
| **Extended Family**: How do I want to connect with or honor in in other generations? |  |  |
| **Friends: W**ho do I want to cultivate and sustain as friends?  |  |  |
| **Community** |  |  |
| **Meetings:** What groups do I want to be in person with and how often? |  |  |
| **Giving Locally:** What groups do I want to give time or money? |  |  |
| **Government & World:** What are ways I want to contribute to government processes or causes?  |  |  |
| **Meaning Making** |  |  |
| **Creating:** What hobby or talent to do I want to sustain or share? |  |  |
| **Learning:** What new things do I want to learn? |  |  |
| **Business Aspects** e.g. What money or people do I need or want to create and learn?  |  |  |

***Look at this every in January for another new beginning – then monthly develop steps.***