**Areas to Consider**

You may already have a method of organizing areas of your life. Use whatever organization works for you. Below is one way to consider areas of your life to start you thinking about what is of most concern to you in the coming year. I call it a framework for awareness. Caution – be selective and plan in detail only a few items of most concern to you. Make them things you most care about – have a heart for?

***A framework of awareness*.**

With anything you choose, start what are you already doing in that area, and how it is working for you. Then for each question you pose, ask how will I do that, when, and how often to make it happen? Specific steps for getting to where we want to be.

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| 1. **Habits or Patterns**
* **Health**
* **Reflection**
* **Planning**
 | *Personal time & environment – what patterns help me to:*1. maintain my physical health? (eating sleeping, moving)
2. manage my thought and emotions?
3. plan my day or week?
4. make my home environment more to my own liking: less clutter, more beauty, more convenient?
5. get documents done for insurance to health maintenance?
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| 1. **Relationships**
* **Family**
* **Friends**
* **Contacts**
 | *Family and personal relationship - One to one – milestones to celebrate*1. In my family, who do I want to stay in touch with and how?
2. With my friends- what relationships do I want to maintain?
3. What new contacts or relationships would I like in my life? kind of relationship do I have with whom?
4. How much do I give to others: who, what and how much time?
5. How am I able to receive what I need from others?
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| 1. **COMMUNITY**
* **Enjoyment**
* **Learning**
* **Local**
* **Contributing**
 | *Groups settings and participation in groups*1. Which group settings do I want in the future?
2. What contributions or roles do I want to have in groups?
3. How do I want to interact with others who live close to me?
4. How do I want to be involved to my neighborhood, city, state, nation, or planet?
5. What groups are a support to me now or what do I yet need?
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| 1. ***VOCATION***
* ***Unique talents***
* ***Commitments***
* ***Legacy building***
 | *Meaning in Life – vision, values, enjoyment*1. What am I most committed to doing or contributing to?
2. What are my talents I want to use or improve?
3. What type of legacy do I want to leave for others?
4. How do I want to be when I am with others?
5. What enjoyments enrich my spirit?
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