

FINDING YOUR PURPOSE

RENEW

LOOKING AT EACH OF THE DIMENSIONS BELOW, TAKE A MOMENT TO ASSESS YOUR CURRENT STATE, RECOGNIZE AREAS IN WHICH YOU NATURALLY PERFORM WELL, AND IDENTIFY STEPS FOR IMPROVEMENT.

PHYSICAL

CURRENTLY:

COMES NATURALLY:

COULD IMPROVE:

MENTAL

CURRENTLY:

COMES NATURALLY:

COULD IMPROVE:

SPIRITUAL

CURRENTLY:

COMES NATURALLY:

COULD IMPROVE:

EMOTIONAL

CURRENTLY:

COMES NATURALLY:

COULD IMPROVE:
