

THE (Life) FRAMEWORK

Please rate yourself 1-5 of how well you are at the place you want to be in the 3 different categories. This exercise will help you identify which sections of your life you want to improve on and take action.

Health (1 really bad – 5 perfectly idea): _____

1 Thing I can do in the next 24 hours to improve my health:

Wealth (1 really bad – 5 perfectly idea): _____

1 Thing I can do in the next 24 hours to improve my wealth:

Love (1 really bad – 5 perfectly idea): _____

1 Thing I can do in the next 24 hours to improve my love:

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