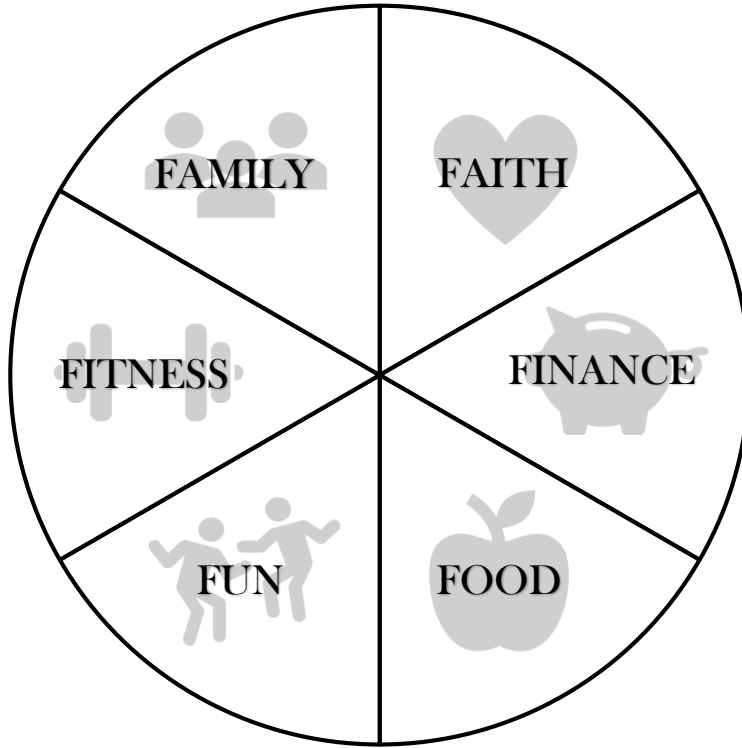


FOCUS FINDER

Identify your guiding principles, then shade in your level of alignment/fulfillment in each focus factor area. A fully shaded pie-piece equals 100% fulfillment. A half-shaded piece equals 50%, and so on.



Determine which areas need focus based on your shading. Use the table below to identify a three-month goal, then break goals down into daily activities. You don't need to make goals in all six areas, but it's not a bad idea!

	Three-Month Goal	Daily Activity
Faith		
Family		
Finance		
Fitness		
Food		
Fun		

After three-months, re-visit the tool to shade in focus factor principle-alignment and create a new round of goals.