

FLIP IT!

WHERE'S YOUR FOCUS? AWARENESS GRID

AREA OF MY LIFE	DON'T HAVE and/or DON'T WANT	DO HAVE and/or DO WANT
WORK AND CAREER		
RELATIONSHIPS: Friends		
Family		
Love		
MONEY/FINANCES		
HEALTH AND FITNESS		
PERSONAL GROWTH AND DEVELOPMENT		
RECREATIONAL PURSUITS		
HOME/ENVIRONMENT		
CONTRIBUTION/ LEGACY		