

# Empowered Man

## 7 DOMAINS OF LIFE

### WEEK 5 ASSIGNMENT

**This week we want you to assess YOUR 7 Domains of Life.**

1. Rate each area on how well that domain of your life is going.
2. Number in order of priority which Domains are most important to you, 1 being the most important.
3. Identify & number your Top 3 Domains that you would like to focus on working on the most.

| PRIORITY | TOP 3 | DOMAIN        | RATING |
|----------|-------|---------------|--------|
| _____    | _____ | HEALTH        | _____  |
| _____    | _____ | FINANCES      | _____  |
| _____    | _____ | CAREER        | _____  |
| _____    | _____ | RELATIONSHIPS | _____  |
| _____    | _____ | SPIRITUALITY  | _____  |
| _____    | _____ | GROWTH        | _____  |
| _____    | _____ | FAMILY        | _____  |

***Please elaborate what you want from your Top 3 Domains & what your commitment to achieving that goal is:***

**DOMAIN:** \_\_\_\_\_ **COMMITMENT:** \_\_\_\_\_

\_\_\_\_\_

**DOMAIN:** \_\_\_\_\_ **COMMITMENT:** \_\_\_\_\_

\_\_\_\_\_

**DOMAIN:** \_\_\_\_\_ **COMMITMENT:** \_\_\_\_\_

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