

# Empowered Woman

## 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:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

