



Checklist for Life Planning

<i>Aspects</i>	<i>Covers</i>	<i>Questions</i>	<i>Priority</i>	<i>Done</i>
Work	Contribution, meaning, purpose	What to do? Who to be?		
Love	Intimacy, family, friends	Whom to love? How to connect?		
Health	Lifestyle, energy, brain	How to stay well and keep active?		
Home	Place, belonging, safety	Where to live? Whom to live with?		
Legacy	Values, impact, wisdom	What to give? How to help others?		
Leisure	Play, learning, creativity	How to have fun, achieve balance?		
Legal	Control, risk management	How to anticipate and prepare?		
Money	Security, responsibility	What to earn, save, and spend?		