

Snapshot Taken on _____ (Date, Month, Year)

* To determine the Tally Number, subtract the Life Number from the Journey Number. See Step Two for detailed instructions.

Current Snapshot Summary

| General Life Area | | Description | | | | | | | | | | Journey Number | Life Number | Tally * |
|----------------------------------|--|--------------------|---|---|---|---|---|---|---|---|---|-----------------------|--------------------|----------------|
| Time Management | The general ability to manage time and effectively achieve obligations, commitments and goals | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Information Management | Ability to manage information (so you can find a number or password as needed), paper management (including filing) | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Relationships | Relationship with significant other | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| | Relationship with children (whether grown or in the home) | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| | Relationship with friends (such as a support network and positive friends you spend time with regularly) | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Money Management | Including debt, general financial health, savings goals, budgeting and smart-spending | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Self Time | Time devoted exclusively to self-care, self-growth, rejuvenation | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Attitude and Outlook | The ability to maintain a positive outlook and attitude | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Self-Esteem | How you <i>personally</i> feel about yourself overall | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Household Maintenance | Includes having your home organized how you want, decluttered to a level of your liking, and maintaining routine tasks | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Health | Including nutrition, food consumption and overall health | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Energy | Your general physical energy level | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Religion and spirituality | Religion, faith or spiritual practice | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Community | Giving back to the community through volunteering or another connection | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Main Hat | The area you spend most of your time for example occupation, homeschooling, volunteering | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |
| Meal Planning | Routine meal planning and solutions | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | | | |