9 · Periodically Evaluate Where You Are

- [ ] Block one hour at the end of each month for a review
- [ ] Score each area of life from 1 to 10
- [ ] Compare the scores against the goals you wrote
- [ ] Write what's working and what isn't
- [ ] Change one goal or one habit
- [ ] Re-read why you set the goals in the first place

Week of: _____