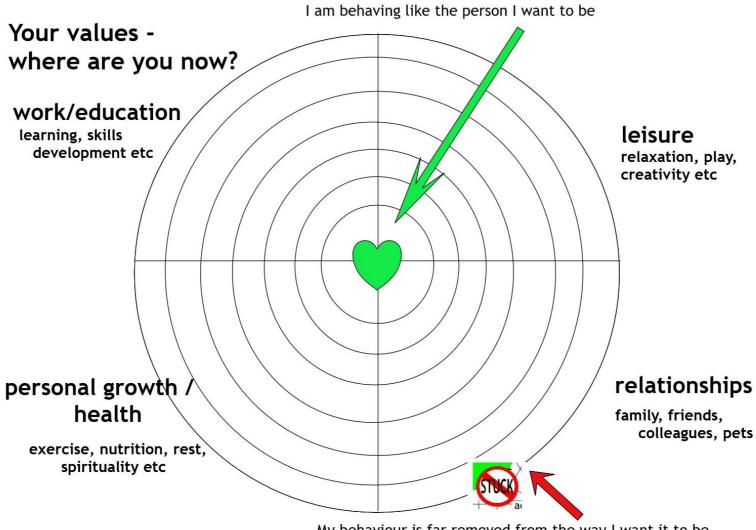
Date.....

Consider each domain of your life and think about how near the bullseye you are currently. Put a mark in the relevant zone of the quadrant. You can make further notes on the back of the sheet.



My behaviour is far removed from the way I want it to be