

Week 4 Worksheet 1/3

List the activities that you do that support your hobbies and passions.

List how often you do each activity, and if you would like to see more of any activity in your life.

State what each activity brings you. Example: Travel brings me a sense of adventure and liberation.

Week 4 Worksheet 2/3

How do your hobbies and passions show up in the other areas of life? Record this in the “current” column. How could you bring more of them into each area of life? (record this in the “future” column.

AREA	CURRENT	FUTURE
Love		
Health		
Wealth		
Self Image		
Career		

Week 4 Worksheet 3/3

