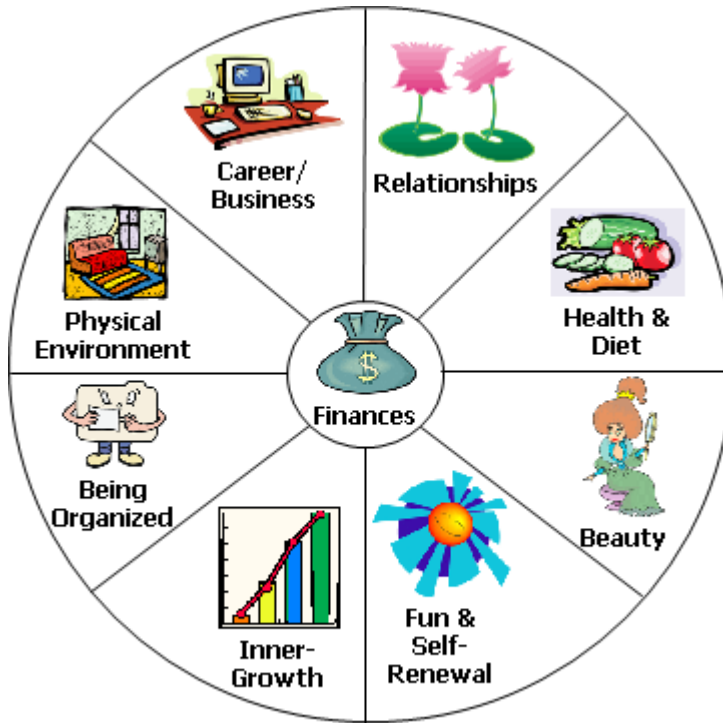


# 9 Areas of Attention Tray



## 9 Areas of Attention:

1. **Finances** – Finances lives in the middle of the tray because finances/money, for most people, impacts all areas of life. People usually make decisions based upon financial factors so this is a SUPER important area to pay attention to in order to feel free in all areas of life. How do you feel about your finances? Do you have the money you need to live the life you want to live?
2. **Relationships** – How are your relationships with your significant other, family, friends, acquaintances and communities you are involved in?
3. **Health & Diet** – How is your health? Are you eating foods that give you energy or drain your energy?
4. **Beauty** – How do you feel about your physical body? Are there areas you'd like to improve?
5. **Fun & Self-Renewal** – Do you engage in regular activities that make you happy? Are you having the fun that you want to in life?
6. **Inner-Growth** – Do you feel fulfilled with your life or empty? Do you feel that you're growing as a person or are you stagnant?
7. **Being Organized** – Are you as organized as you want to be or do you feel scattered and need help getting things done?
8. **Physical Environment** – Does your physical environment give you energy or drain your energy? Is it a sanctuary for you or is it clutter-city?
9. **Career/Business** – Are you engaged in a Career or Business that inspires you or are you going through the motions day-in/day-out for the money?