

The “Reality of Now” Challenge

Health, physical	1	2	3	4	5	6	7
Career, work	1	2	3	4	5	6	7
Family Relationships	1	2	3	4	5	6	7
Social Connections	1	2	3	4	5	6	7
Hobbies, fun	1	2	3	4	5	6	7
Wealth, finances	1	2	3	4	5	6	7
Personal development	1	2	3	4	5	6	7