

The Well-Designed Life Workbook

Life Design for: _____

Review Period: _____

Date Completed: _____

A well-designed life does not happen by accident.

These worksheets are designed to help assess current circumstances, celebrate what is working, identify opportunities for improvement, and create a practical roadmap for the next chapter. Intentional progress begins with an honest understanding of the starting point. Let's begin!

Part 1: Self-Check-in

Rate each area on a scale from 1 (needs significant attention) to 10 (thriving).

Area	Score
Physical Health	_____
Stress Management	_____
Daily Energy Level	_____
Financial Stability	_____
Career Satisfaction	_____
Learning & Personal Growth	_____
Alignment Between Values and Actions	_____
Sense of Purpose & Meaning	_____
Meaningful Social Connections	_____
Family Relationships	_____
Community Involvement & Belonging	_____
Overall Life Satisfaction	_____

Part 2: Reflection

What do these ratings reveal about my current priorities, habits, or circumstances?

How satisfied am I with my current level of health, energy, and overall well-being? What factors most influence that rating?

What one change to my health habits or routines would have the greatest positive impact on my daily life?

How confident do I feel about my current financial situation and future financial security? What contributes most to that feeling?

What financial challenge, decision, or goal deserves the most attention right now?

How well do my daily choices and commitments reflect what matters most to me?

What area of personal growth, learning, or purpose feels most important to explore right now?

How connected do I feel to the people and communities that matter to me?

Which relationship, connection, or community would benefit most from greater attention, time, or investment?

If I could improve one area of my life over the coming months, what would it be and why?

Start Where it Matters Most

Now that you have completed a reflection and self-assessment, use your results to guide the rest of the workbook. You may choose to move through each of the four RAWR pillars, Wellness, Wealth, Wisdom, and Web, in sequence for a comprehensive review, or you may prefer to focus on the areas that most need your attention. If a particular score stood out to you, whether as a strength to build upon or a challenge to address, consider using the corresponding section for a deeper dive. The goal is not to complete every page perfectly, but to gain clarity about where you are today and identify meaningful opportunities for growth in the year ahead.

Which pillar needs the most attention?

- ☐ **Wellness:** my physical and mental well-being, including health, energy, sleep, stress management, and the habits that support a healthy life.
- ☐ **Wealth:** my financial security and career satisfaction, including earning, saving, spending, planning, and building a stable foundation for the future.
- ☐ **Wisdom:** my personal growth, lifelong learning, sense of purpose, and ensuring my daily choices align with my values and priorities.
- ☐ **Web:** my social web, the relationships, connections, and communities that provide support, belonging, and opportunities to contribute to something larger than myself.

How would my life improve if I made meaningful progress in this area?

Wellness Worksheet

Health Snapshot

Age: _____

Average Hours of Sleep: _____

Exercise Sessions Per Week: _____

Preventive Screenings Completed This Year:

☐ Annual Physical

☐ Dental Check up

☐ Vision Exam

☐ Routine Laboratory Testing

☐ Mammogram

☐ Colonoscopy

☐ Other _____

Average Daily Energy Level (1–10): _____

Wellness Check-in

Rate each area on a scale from 1 (needs significant attention) to 10 (thriving).

Area	Score
Sleep & Recovery	_____
Nutrition	_____
Physical Activity & Movement	_____
Stress Management	_____
Mental & Well-Being	_____
Preventative Health Care	_____

Wellness Reflection

What aspect of my health is currently serving me well, and how can I continue to build on it?

What health challenge or concern has had the greatest impact on my quality of life recently?

When do I feel my healthiest, most energized, and most capable? What contributes to that feeling?

Which health habit would have the greatest positive impact on my daily life if I improved it consistently?

Six months from now, what would meaningful progress in my health and well-being look like?

Wealth Worksheet

Financial Snapshot

Annual Household Income: \$ _____

Cash & Savings Account: \$ _____

Average Monthly Expenses: \$ _____

Retirement Contributions This Year: \$ _____

Current Debt Balance: \$ _____

Emergency Fund Covers _____ Months

Do I have an adequate emergency fund?

☐ Yes

☐ No

☐ Unsure

Wealth Check-in

Rate each area on a scale from 1 (needs significant attention) to 10 (thriving).

Area	Score
Spending Habits	_____
Saving & Emergency Preparedness	_____
Debt Management	_____
Investing & Wealth Building	_____
Career Satisfaction & Growth	_____
Financial Confidence	_____
Retirement Readiness	_____

Wealth Reflection

What financial habit is serving me well?

If I could improve one aspect of my financial life, what would it be?

Does my spending align with my values?

What would financial progress look like over the next six months?

Career Satisfaction & Growth

What aspect of my career is contributing most to my satisfaction and fulfillment right now?

What opportunity for growth, learning, or advancement would have the greatest impact on my career?

How well does my current work align with my skills, interests, and long-term goals?

What professional skill, experience, or relationship would be most valuable for me to develop next?

Wisdom Worksheet

Learning and Growth Snapshot

of Books Read: _____

Courses, Workshops, or Certifications Completed

New Skills Developed

New Experiences or Challenges Undertaken

Mentors, Coaches, or Influential People

Wisdom Check-in

Rate each area on a scale from 1 (needs significant attention) to 10 (thriving).

Area	Score
Learning & Personal Growth	_____
Curiosity & Exploration of New Ideas	_____
Self-Awareness	_____
Alignment Between Values and Action	_____
Sense of Purpose & Meaning	_____
Adaptability & Resilience	_____

Wisdom Reflection

Which area received my highest score, and what is helping me succeed there?

Which area received the lowest score, and what might improve it?

How well do my daily choices reflect what matters most?

What have I learned about myself during this period?

What area of learning, personal growth, or self-discovery feels most important to explore next?

Web Worksheet

Social Connection Check-in

Rate each area on a scale from 1 (needs significant attention) to 10 (thriving).

Area	Score
Friendships	_____
Family Relationships	_____
Professional Relationships	_____
Sense of Belonging	_____
Community Engagement	_____
Support Network	_____
Contribution to Others	_____

How often do I connect with friends or loved ones?

- ☐ Daily
- ☐ Weekly
- ☐ Monthly
- ☐ Rarely

Am I currently involved in any groups, clubs, organizations, volunteer activities, or communities?

I generally feel:

- ☐ Highly Connected
- ☐ Moderately Connected
- ☐ Somewhat Isolated
- ☐ Very Isolated

Who could I call during a crisis?

Social Connection Reflection

Which area of my social web is the strongest right now?

Do I feel like I have the right people in my life for this current season? Why or why not?

Which area would benefit most from greater attention, time, or investment?

What relationship, group, or community would I like to strengthen over the coming months?

What is one action I can take to deepen connection or build community?

Designing My Next Chapter

A well-designed life does not happen by accident. Right now, I am choosing to focus on...

My top Three Priorities are:

Three Habits to Start

Three Habits to Stop

Three Habits to Continue

Reflection Insights

What is the most important insight I gained from completing this workbook?

What am I intentionally choosing to prioritize in this next chapter?

What is the first action I will take as a result of this review?

What habits, routines, or commitments will support my progress?

Describe what a successful next chapter would look like:

Start where you are. Apply one idea. Build from there.

Small, disciplined improvements compound over time.