

<b>SPIRITUAL / INNER PERSONAL</b>	
Habit / Routine / System / Activity	Frequency
<b>Journaling</b>	<b>5 minutes every day</b>

<b>PHYSICAL HEALTH</b>	
Habit / Routine / System / Activity	Frequency
<b>Do a 30-minute workout</b>	<b>3x weekly</b>

<b>RELATIONSHIPS</b>	
Habit / Routine / System / Activity	Frequency
<b>Date Night</b>	<b>6 hours every week</b>

<b>REST &amp; RECREATION</b>	
Habit / Routine / System / Activity	Frequency
<b>Read a book</b>	<b>15 minutes every day</b>

<b>JOB / CAREER</b>	
Habit / Routine / System / Activity	Frequency
<b>Write for 20 minutes</b>	<b>Every day</b>

<b>FINANCES</b>	
Habit / Routine / System / Activity	Frequency
<b>Gratitude journal</b>	<b>Write one thing I'm thankful for each day</b>