

THE GROWTH EQUATION

$$\frac{[X]}{\text{TIME}} = \text{RESULT}$$

1? In the major areas of my life, which results am I seeing?

1 PHYSICAL

2 EMOTIONAL

3 MENTAL

13 SPIRITUAL

1? In my life, what needs to go in the place of [x] in order to achieve my preferred RESULTS?

x _____

x _____

x _____

x _____

x _____

1? On a scale from 1-10, how intentional am I with my TIME?

1 2 3 4 5 6 7 8 9 10

What is ONE THING that could move this rating ONE NUMBER?

x _____
