

# **2025 LIFE BALANCE SHEET**

SHE UNITE  
X  
PURPOSELY PODCAST

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**Print it, fill out & use this template to  
re-evaluate your goals in 2025**

**“ WHEN YOUR GOALS ARE INFORMED BY THE THINGS YOU’VE STRUGGLED WITH, THOSE GOALS TAKE ON A RICHNESS OF MEANING ”**

It is mathematically impossible to get directions to a new destination if you don't know where you are starting from.

In order to go into new directions, you should know where you're starting from.

You have grown in the last 12 months. Use that wisdom to make the most out of 2025.

**No matter how hard we worked to get it, it was still God that let us have it.**

**No amount of of work can supersede sovereignty.**

**It wasn't the grind, it was grace.**



# VALUES & GODLY STANDARDS

Write the 5 most important personal values you live by:

- 
- 
- 
- 
- 

What Godly values & standards do you incorporate into these areas?

**Health:**

**Work:**

**Love life:**

**Friendships:**

**Joy:**

**Personal Growth:**

Godly values can refer to the Fruit of the Spirit: Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

# YOUR PERSONAL AUDIT

Bad

Okay

Great

Health

Why:

---

Work

Why:

---

Finances

Why:

---

Love Life

Why:

---

Friendships

Why:

---

Spirituality

Why:

---



Bad

Okay

Great

Joy / Fun

Why:

---

Purpose

Why:

---

Self care

Why:

---

Rest

Why:

---

Growth

Why:

---

Temper

Why:

---

# HIGHLIGHTS FROM YOUR YEAR

Get some help from your camera roll. Write down the highlights from each month.

JANUARY



FEBRUARY



MARCH



APRIL



**MAY**



**JUNE**



**JULY**



**AUGUST**



**SEPTEMBER**



**OCTOBER**



**NOVEMBER**



**DECEMBER**





# **LOOKING AHEAD**



“

**THE DEGREE TO WHICH A  
PERSON CAN GROW IS  
DIRECTLY  
PROPORTIONAL TO THE  
AMOUNT OF TRUTH THEY  
CAN ACCEPT ABOUT  
THEMSELVES.**

# BUT FIRST, A FEW QUESTIONS

## **QUESTION #1**

**WHAT WERE THE MOST CHALLENGING THINGS THIS YEAR?**

**HEALTH:**

**CAREER / MONEY:**

**RELATIONSHIPS / LOVE:**

**ADVENTURE & JOY:**

**PURPOSE / SPIRITUALITY:**

YOUR  
CHALLENGES  
ARE TRYING  
TO TEACH  
YOU  
SOMETHING



## **QUESTION #2**

**WHAT DID YOU DO THIS YEAR THAT YOU ARE PROUD OF?**

## **QUESTION #3**

**WHAT ARE YOU GOING TO STOP DOING NEXT YEAR THAT DID NOT WORK OR ALLIGN WITH YOUR VALUES?**

**DO MORE OF  
WHAT IS  
ACTUALLY  
WORKING &  
STOP DOING  
LESS OF  
WHAT ISN'T**

## **QUESTION #4**

**WHAT THINGS WILL YOU CONTINUE TO DO NEXT YEAR?**

## **QUESTION #5**

**WHAT GOALS CAN YOU SIGN UP FOR IN THE NEW YEAR?  
WORKSHOPS, HALF MARATHON, CYCLING, COURSES ECT.**

## **QUESTION #6**

**WHAT ARE YOU MOST AFRAID OF WHEN THINKING ABOUT YOUR GOALS & THE CHANGES YOU WANT TO MAKE?**

**“GROWTH EQUALS CHANGE. IF YOU WANT TO GET BETTER, YOU HAVE TO KEEP CHANGING AND IMPROVING. THAT MEANS STEPPING OUT INTO NEW AREAS.”**

# CREATING YOUR PLAN

**NAME A GOAL FOR EACH:**

**HEALTH**

**WORK**

**FINANCES**

**LOVE LIFE**

**FRIENDSHIPS**

**JOY / ADVENTURE**

**TIME WITH GOD**



**MEANING & PURPOSE**

**SELF CARE**

**HOW WILL YOU MAKE IT HAPPEN?**

**HEALTH**

**WORK**

**FINANCES**

**LOVE LIFE**

**FRIENDSHIPS**

**JOY / ADVENTURE**

**TIME WITH GOD**



**MEANING & PURPOSE**

**SELF CARE**

**WHEN WILL YOU KNOW  
ONCE YOU SUCCEEDED?**

**HEALTH**

**WORK**

**FINANCES**

**LOVE LIFE**

**FRIENDSHIPS**

**JOY / ADVENTURE**

**TIME WITH GOD**

**MEANING & PURPOSE**

**SELF CARE**



**YOU DID IT!**