2025 LIFE BALANCE SHEET

SHE UNITE X PURPOSELY PODCAST

01

Your personal audit

02

Reflecting on the highlights

03 Looking ahead

04

Creating your plan

Print it, fill out & use this template to re-evaluete 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.

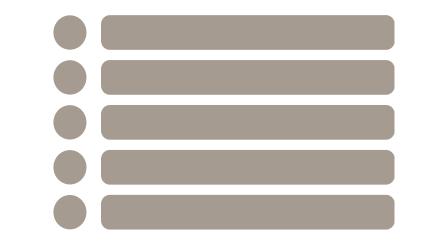
No amount of of work can supersede sovereignty.

It wasn't the grind, it was grace.



VALUES & GODLY STANDARS

Write the 5 most important personal values you live by:



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

Health:	
Work:	Godly values can refer to the Fruit of
Love life:	the Spirit: Love, joy, peace, patience,
Friendships:	kindness, goodness, faithfulness, gentleness, self-
Joy:	control.
Personal Growth:	

YOUR PERSONAL AUDIT

F	lealth Why:	Bad Okay Great
	Work Why:	0000000
Fi	nances Why:	0000000
L	ove Life Why:	000000
Fr	iendships Why:	000000
S	pirituality _{Why:}	000000

Joy / Fun Why:	Bad Okay Great
Purpose Why:	000000
Self care Why:	0000000
Rest Why:	0000000
Growth Why:	0000000
Temper Why:	0000000

HIGHLIGHTS FROM YOUR YEAR

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

JANUARY





MARCH



APRIL



MAY



JUNE



JULY



AUGUST



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?



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!