



# GOBUNDANCE

## GRAB LIFE BIG

Don't sleepwalk through your life!

Be aware of where you are on or off track. On a 1-10 scale, rate yourself on how well you are fulfilling each category.

When you're done, calculate the average of all your ratings and write it in the **LHI AVERAGE**.

Feel free to add more categories to suit your needs. You can also track your Health Stats for each quarter this year at the end.

YEAR:	Q1	Q2	Q3	Q4
Diet / Water				
Exercise				
DPA (Dollar Productive Activities)				
Love for Work				
Romance				
Children				
Parents, Siblings, etc.				
Friends				
Horizontal Income				
Music & Dance				
Hobbies				
Adventure / Travel				
Risk & Excitement				
Chill Time				
Giving Back				
Future Planning				
Gratitude Thermometer				

### LHI AVERAGE

Weight				
Body Fat %				
Blood Pressue				
GB9				