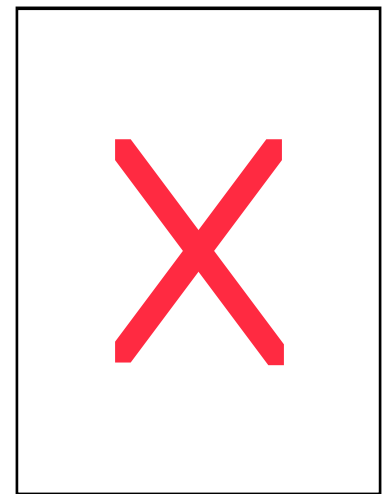


Navigator of Life Worksheet

Purpose: To assist an individual in making balanced decisions that consider the areas of education, religion, personal development, health, family and friends, environment, financial, and recreation aspects and impact.

<u>Challenge Decision to be made</u>	<u>Areas:</u>	<u>Preliminary Question</u>	<u>Secondary Question (s)</u>	<u>Possible Choices</u>	<u>Decision making Question</u>
	Education	What do I know	What do I need to learn?	(list path they emerged from conventional or non-conventional means, research, history, teaching, intuition, personal sources, etc.)	
	Religion	What do I believe	What do I need to investigate/explore about my higher power's teachings?		
	Personal Development	Who am I	Who do I want to be?		
	Health	How is my health and fitness	How does this affect my desire for optimal health?		
	Family and Friends	Who do I belong to/with	How does this affect or influence the people I care about? Is this an issue needing their support or is this an independent venture? If so, why?		
	Environment	Where do I live and what is its impact on where I live?	How does this affect where I live? Does it impact my environs in a positive way?		
	Financial	What do I have and/or desire to have ?	What do I need? How do I attain it? How do I keep it? How do I help it grow?		
	Recreation	Where and when do I play	How will this impact on my interest and ability to enjoy life and leisure activities?		



Decision(s)

Based on what I know, believe, person I am, how I want to feel, who I belong to, where I live, monetary resources, and the fun I desire to have what is the best choice?