

THE LIFE CHECK-IN™

A quick self-assessment designed to help you evaluate the most important areas of your life and identify where your attention is needed most.

Created by Dondada The Resetter™

"Awareness is the first step toward meaningful change."

HOW AM I DOING?

Rate each area from 1–10:

Health _____

Relationships _____

Finances _____

Personal Growth _____

Energy _____

Joy _____

WHAT STANDS OUT?

What area needs my attention most?
What area am I proud of?
What surprised me about my answers?

MY NEXT STEP

One commitment I will make this week:

Why does this matter to me?

What support do I need?