## I inner.u The 12 Areas of Life



**Self**How You Feel About
Yourself, Personality
Traits & Habits



**Body**Health, Weight &
Appearance



**Love**Dating, Marriage, Sex &
Romance



**Spirituality**Self-defined



Career
Business, Work &
School Life



**Money**Earnings, Savings &
Money Management



**Time**Relationship to Time, To
Do's & Time Management



Home
Where you live, Your
Space



Family
Immediate & Extended
Family & Parenting



**Friends**Old & New Friends



Fun & Adventure
Indulgent Time, Vacations
& Extracurricular



Community & Contribution

Participation in Your Community