

One-Page Life Check-In

Five honest sentences. One page. This is the whole plan to start.

1. Where I am now

Describe your current season honestly — work, money, health, family, stress, and joy.

2. What matters most

Name your three priorities — the things you would regret neglecting.

3. What needs attention

Choose one area you have been postponing.

4. My next step (within 30 days)

One action small enough that you will actually finish it.

5. Who should know

One person who belongs in this conversation.

Keep this page somewhere visible. Review it at the end of the month — not to judge yourself, but to notice what changed.