



### Aspirations

*What Tasks or activities would support experiencing my desire?*

### Fellowship

*Who do I want to connect with and/or spend time strengthening relationship/friendship with?*

### Recreation

*What activities can I engage in that nourish me and recharge my battery? What fun can I engage in?*

### Nuture

*What ways can I make it a point to nurture myself?*

### Stimulation

*What activities can I engage in that stretch me and keep me growing?*

### Self Expression

*How may I more fully express myself and who I am that enhances my personal growth?*

### Spirituality

*What would I like to focus on that would enhance my spiritual growth?*



Cut this  
portion  
off!!



## Target Focus

Date:

Intention

Mantra

Action

Target Aspirations

Priority

Fellowship

Tasks

Cut this  
portion  
off!!

Target Focus Map (Cover) ~ FOCUS



## Practices

Self Practice

Vital Practice

Sacred Practice

Life Shaping

Project



Practices (Back Cover) ~ FOCUS