

# 4 X 4 WORKSHEET

Name:

Date:

<i>AREAS</i>	WORK	RELATIONSHIPS	REST AND RECREATION	DEVOTIONAL LIFE
<b>BODIES</b>				
<b>PHYSICAL</b>				
<b>EMOTIONAL</b>				
<b>MENTAL</b>				
<b>SPIRITUAL</b>				

Area / Body in Which I Have Dominion:

_____	_____
_____	_____
_____	_____

Area / Body That Need Attention:

_____	_____
_____	_____
_____	_____