

## Take Action!

*Implementation Task 6: Determine Critical Spheres and Measurements for Your Life*

*Review the following segment of Module 3:*

◆ *Determining Measurements*

*Step 1: List the Critical Sphere of Life on which you are focusing in the left column then brainstorm on at least two to three potential ways that you could measure progress or effectiveness in each of those critical areas.*

Critical Sphere of Life	Measurement Options
	1.  2.  3.
	1.  2.  3.
	1.  2.  3.

	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
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*Step 2: Review the list of Measurement Options from Step 1 above and select the one measurement for each Critical Success Factor that will be most likely to help you determine whether you are making the progress desired in each critical area. Once you have determined the right measurements, write them on the chart below, then determine what mechanism or method you will use to take the “before” and “after” measurements. (i.e. Balance in investment account, Weight on bathroom scale, etc.) Finally, if you currently have access to the data needed for the “before” measurement, write the information that describes current reality in the “before” measurement column.*

<b>Critical Sphere</b>	<b>Measurement</b>	<b>Measurement Methods</b>	<b>“Before” Measurement</b>
