

# LIFETICITY

Create a Life You Love

## YOUR INTENTIONAL LIVING MAP

### YOUR CURRENT LIFE SNAPSHOT

HABITS, ROUTINES, AND  
ACTIVITIES

### YOUR VALUES COMPASS

IDENTIFY YOUR  
CORE VALUES

### ENERGY AUDIT

WHAT FILLS YOU UP

### YOUR NEXT 3 INTENTIONAL CHOICES

WHAT WILL YOU DO  
DIFFERENTLY?

1.
2.
3.