

Designing The Exceptional Life Worksheet*

How would you prioritize the following areas of your life: **Spiritual – Health – Relationships – Emotion – Intellect – Financial?** Put these in your order of priority in the first column below.

Now, how would you define “exceptional” for each category? Write your personal definition of a “10” in the middle column. With your coach rate your current status on a scale of 0-10? Then, consider what you must do to achieve “exceptional” status. What will you commit to reaching?

Category/ Priority	Definition	Status (0-10)
1.		
2.		
3.		
4.		
5.		
6.		

Category/ Priority	Action Steps
1.	
2.	
3.	
4.	
5.	
6.	

* Based on the works of Dr. Tom Hill and his Vistage Program “Designing the Exceptional Life”