**CATEGORIES OF MY LIFE**

1. Write out the date that you are working on your categories because your list will probably be

changing as your life continues to evolve. The categories may change and the details within

each category will definitely change.

2. Make the categories your own. Your initial list does not need to be absolutely complete. You can always add to the list as you start to do some of the activities.

**As of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**date**

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| --- |
| **Grooming/Personal Care** |
| **Medical/Medicine/Doctor’s Appointments** |
| **Therapy Appointments/Exercises/Work-Outs** |
| **Meals (Shopping/Cooking/Clean-Up)** |
| **House Chores (Laundry, Cleaning, Pet Care …)** |
| **Yard Chores (Watering, Maintenance…)** |
| **Financial (Banking, Insurance, Paying Bills…)** |
| **Work/Productive Activity** |
| **Hobbies/Creative Pursuits** |
| **Relationships (Family/Friends/Groups…) (Birthdays/Social Events/Meetings…)** |
| **Spirituality/Rituals** |
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