## The 10 Life Categories SWOT Analysis

This analysis tool is designed to help you think reflectively at the end of each year about each of the important categories in the well-designed, healthy life. In each of the 10 categories, briefly identify the Strengths, Weaknesses, Opportunities, and Threats that you're aware of. Then identify 1 to 3 goals for each category. Don't put pressure on yourself! Evaluate each category only to the extent that it feels natural and easy. Don't force anything that doesn't flow naturally. Some categories will have lots of data and some will have little or none. This exercise is designed to facilitate grateful reflection and deliberate action and improvement. Above all, enjoy!

## Spiritual

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3:

## Marriage

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3:

## Family

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3:

## Church/Synagogue/Mosque

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3:

## Financial/Investing

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3:

## Business/Career

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3:

## Physical Fitness

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3:

## Personal Growth

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3:

## Hobbies/Recreation

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3:

## Social/Relationships

* Strengths:
* Weaknesses:
* Opportunities:
* Threats:
* GOAL #1:
* GOAL #2:
* GOAL #3: