

Where is my focus

My life	Score 0 – 5	Comments	My plan
Exercise			
Diet			
Career			
Finance			
Key relationships / family			
Hobbies			
Holidays			
Spirituality			

Scoring table

- 0 This is a disaster – don't even ask!
- 1 I have taken my eye off this for far too long
- 2 Not good. Give me a break, I have been busy
- 3 I am going pretty well here
- 4 Tracking very well. Under control
- 5 Really happy with where I am at. Don't take my eye off this



Steve Herzberg is the Managing Director of NRG Solutions. For the past 15 years Steve has worked as a Corporate Trainer and Business Coach, specialising in 3 areas. Sales Training, Presentation Skills and Leadership Training. He takes a refreshing and unique approach to developing people. For more on Steve go to www.nrgsolutions.com.au or call him on 0421864288.