



## Five Pillars - Monthly focus

The five pillars are often used to support planning across your life to ensure you are honouring all parts of your life. Think about each of the areas below and consider where you would like to be in one month. You may wish to link these to the annual worksheet. To help with planning, you may choose to be specific at this point and list actions that would benefit you.

### Financial

### Spiritual

### Mental

### Physical

### Relational