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|  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| **Körper** |  |  |  |  |  |  |  |  |  |  |
| Ernährung |  |  |  |  |  |  |  |  |  |  |
| Bewegung |  |  |  |  |  |  |  |  |  |  |
| Trinkmenge |  |  |  |  |  |  |  |  |  |  |
| Gewicht |  |  |  |  |  |  |  |  |  |  |
| Schlaf |  |  |  |  |  |  |  |  |  |  |
| Haut/Haare |  |  |  |  |  |  |  |  |  |  |
| Gesundheit |  |  |  |  |  |  |  |  |  |  |
| **Seele** |  |  |  |  |  |  |  |  |  |  |
| Zeit für mich |  |  |  |  |  |  |  |  |  |  |
| Partnerschaft |  |  |  |  |  |  |  |  |  |  |
| Kinder |  |  |  |  |  |  |  |  |  |  |
| Freunde |  |  |  |  |  |  |  |  |  |  |
| Arbeit/Schule |  |  |  |  |  |  |  |  |  |  |
| Kreativität |  |  |  |  |  |  |  |  |  |  |
| Mein Denken |  |  |  |  |  |  |  |  |  |  |
| Wohlbefinden |  |  |  |  |  |  |  |  |  |  |
| **Geist** |  |  |  |  |  |  |  |  |  |  |
| Meine Beziehung zu Gott |  |  |  |  |  |  |  |  |  |  |
| Meine Gebete |  |  |  |  |  |  |  |  |  |  |
| Bibellesen |  |  |  |  |  |  |  |  |  |  |
| Meine Kirche/Gemeinde |  |  |  |  |  |  |  |  |  |  |
| Glaube |  |  |  |  |  |  |  |  |  |  |
| Mein Zeugnis |  |  |  |  |  |  |  |  |  |  |
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