

## Life Dashboard Indicator Worksheet

Just as your car dashboard indicates areas of needed maintenance for the optimal functioning of your car, life also has dashboard indicators that provide guidance in keeping your body, brain, and overall life moving along your life journey more smoothly. While it's tempting to ignore your dashboard indicators, doing so puts you at risk for living an exhausted, lonely, stalled-out life. Use the check list below to determine how you're doing in the 6 life dashboard indicator areas. When you identify an indicator that needs attention, take time to set intentional action steps to tend to that area of life more effectively.

Life Dashboard Indicator	How am I currently tending to this indicator?	What specifically will I do to tend more effectively to this indicator?
Sleep: Most people need 7-9 hours of mostly uninterrupted sleep per night to maximize body and brain function.		
Health: See doctor regularly for physicals, blood work, and medication management. Take meds as prescribed & discuss any medication issues with doctor.		
Exercise: 20-30 minutes, 4-6x per week helps physical health and stimulates brain release of stress and mood regulating chemicals.		
Nutrition: Drinking water & healthy foods daily like fruits, vegetables, lean meats contribute to better body and brain function.		
Spiritual Life: Personal faith and faith community increase feelings of hope, connection, and seeing yourself as part of a greater whole in the world.		
Relationships: Healthy friendship/family relationships that have a give and take dynamic, provide/request support when needed, and encourage you toward health.		