

## **BE • DO • HAVE**

(Realization of Dreams in the Eight Areas of Life)

(PAGE \_\_\_\_\_ OF \_\_\_\_\_)

SPIRITUAL • MENTAL • EMOTIONAL • PHYSICAL • SOCIAL • FAMILY • FINANCIAL • CAREER

#	BE • DO • HAVE

For each of the eight areas of your life, from Spiritual to Career, you will print at least three sheets of this form front to back (totaling 24 sheets). Then on each sheet, circle one of the eight areas and either Be, Do or Have. Ex: On first sheet, circle "Spiritual" and "Be"; one the second sheet, circle "Spiritual" and "Do", and on the third circle "Spiritual" and "Have." Do the same for the other seven areas. If you fill up the front and back of the first sheet, then print another front-to-back form and circle the same two words. For example: "Spiritual" and "Be". Then in the space provided above in the Heading, write the page number for each additional sheet when more than one is required for the writing exercise. Remember to highlight all words and sentences that bring a Tear, makes you cry or makes you feel like crying, OR brings an enthusiastic Ah-Hah or That's It.

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