

Walk the Talk List

Feel free to edit, add or delete categories and to include more or fewer items in each category.

Health

Complete

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Personal Growth/Spirituality

Complete

1.	
2.	
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6.	
7.	
8.	
9.	
10.	

Career**Complete**

1.	
2.	
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7.	
8.	
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10.	

Finances**Complete**

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Significant Other/Romance**Complete**

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Environment**Complete**

1.	
2.	
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4.	
5.	
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7.	
8.	
9.	
10.	

Friends and Family**Complete**

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Fun and Recreation**Complete**

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	