

The LUV Life Positioning Framework™

A practical model for building clarity, stability, and forward momentum.

Rate Each Domain (1–10)

This is awareness — not judgment.

Domain

1 = Needs Immediate Attention

10 = Strong and Stable

Personal Responsibility

Financial Literacy

Housing & Daily Living

Career & Employment

Health & Wellness

Transportation

Legal & Civic Life

Relationships & Communication

Reflection & Growth

If you're unsure, choose your best "today" number.

What Stands Out Most Right Now?

My two strongest domains (top 2):

Domain:

Domain:

My lowest domain (the one asking for support):

Domain:

Why this one matter right now (1–2 sentences):

Listen to What This Area Is Telling You

What is this area of my life telling me right now?

Not what you “should” do — what the situation is communicating.

Where do I feel steady? Where do I feel tension?

LUV: Listen • Understand • Venture

LISTEN

What’s happening in this domain (facts, not feelings)?

UNDERSTAND

What’s underneath it (needs, patterns, barriers)?

VENTURE

What is one small next move that would help within 14 days?

My 14-Day Next Step

My focus domain:

My next step (one action):

When will I do it? (choose one):

Today Within 48 hours This weekend By (date):

What might get in the way?

What will I do if that happens? (backup plan):

Build the Step Using the LUV Goal Method

LUV Goal (one sentence):

Over the next 14 days, I will...

Why this matters to me:

My support (who/what helps):

Proof I'm making progress (what I'll see/feel):

You are not behind. You are building.

