

DESIGNING YOUR LIFE

LOVE-PLAY-WORK-HEALTH BALANCE WORKSHEET

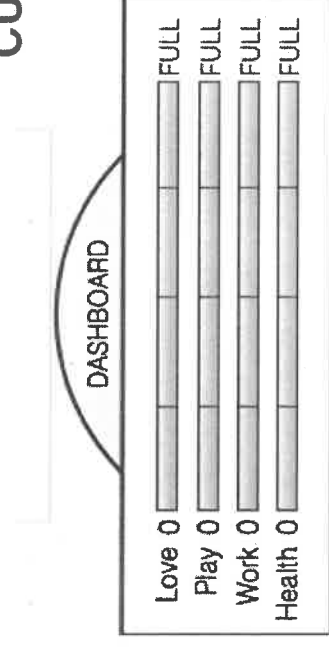
- Mark your dashboard as it currently exists.
- What do you observe (and are you being fair)?

- If you could make one incremental adjustment, what would it be? Redraw your improved dashboard.

- What would you get if you could attain this revised level of balance? How would life (really) change for you?

- What incremental change could you attempt to move in this direction? What would it take for you to live this way for two weeks?

CURRENT



REVISED

