

Time Management & Balance

My **BALANCE** depends on ...

- My relationship
- My finances
- My service to the community
- My leisure and hobbies
- My mindfulness and spirit
- My development
- My business and career
- My family and friends

Use this worksheet to:

- Take stock of your current level of satisfaction with each aspect of your life
- Identify which areas you'd like to focus on (TIP: Don't pick too many at one time)
- Identify concrete actions you can commit to
- Set a reminder to check back in with yourself

