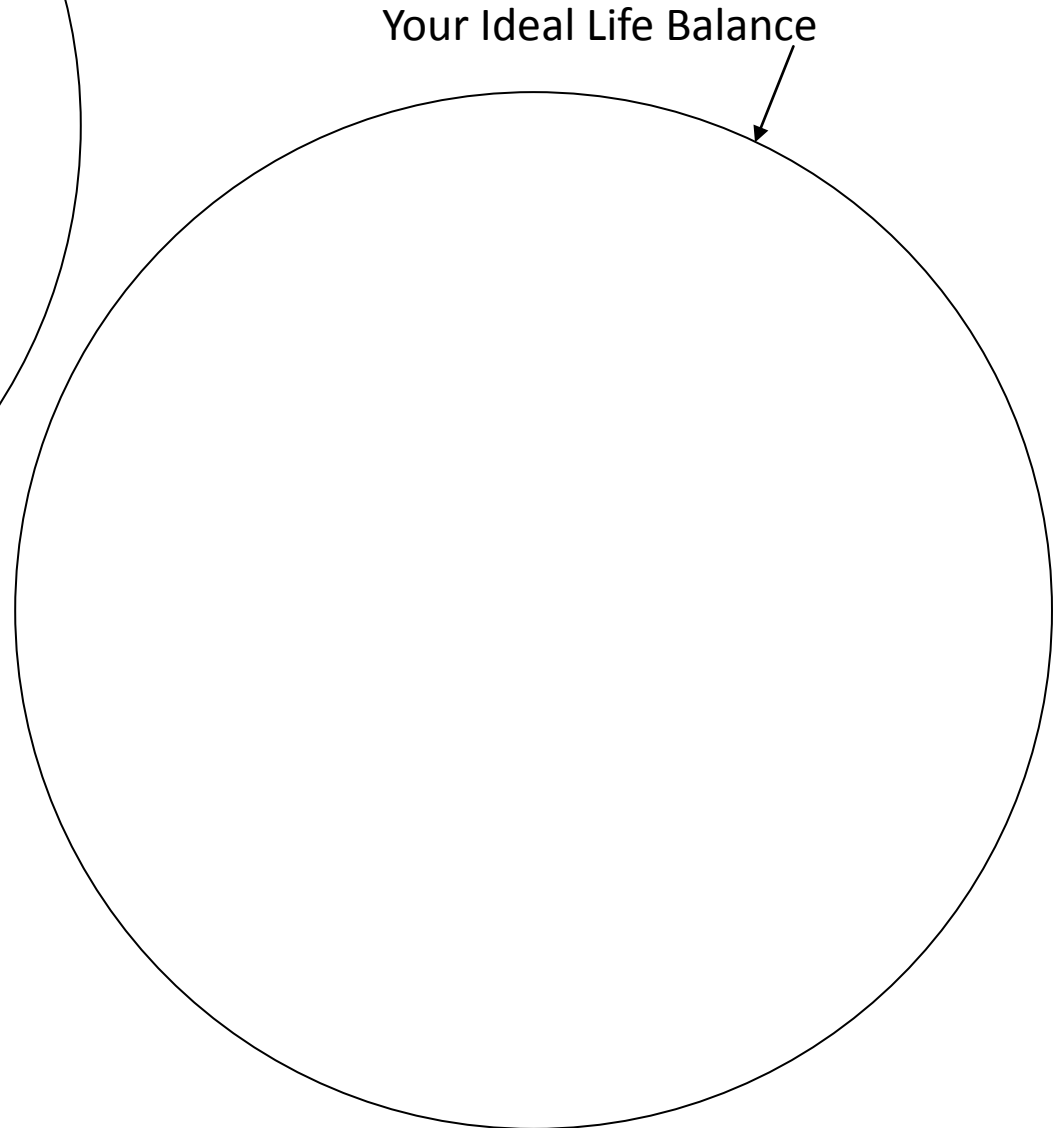


← Your Current Life Balance



Your Ideal Life Balance

First, look at the pie that's labelled Current Life Balance. Divide it up into pie pieces that show how you're currently dividing your time. You can do this any way you want, but one idea is to divide it into 4 pieces:

- Taking Care of Others: Parenting, Supporting your partner / friends / family
- Taking Care of Business: Work, Paying Bills, Running Errands, Volunteering
- Health & Hygiene: Sleeping, Eating, Bathing, Cooking, Cleaning, Groceries, Laundry
- Things you do JUST FOR YOU. Just because they're fun, relaxing or make you happy.

Now move on to the second pie, labelled Ideal Life Balance.

What do you wish your life was like? What could you do to move it in that direction?