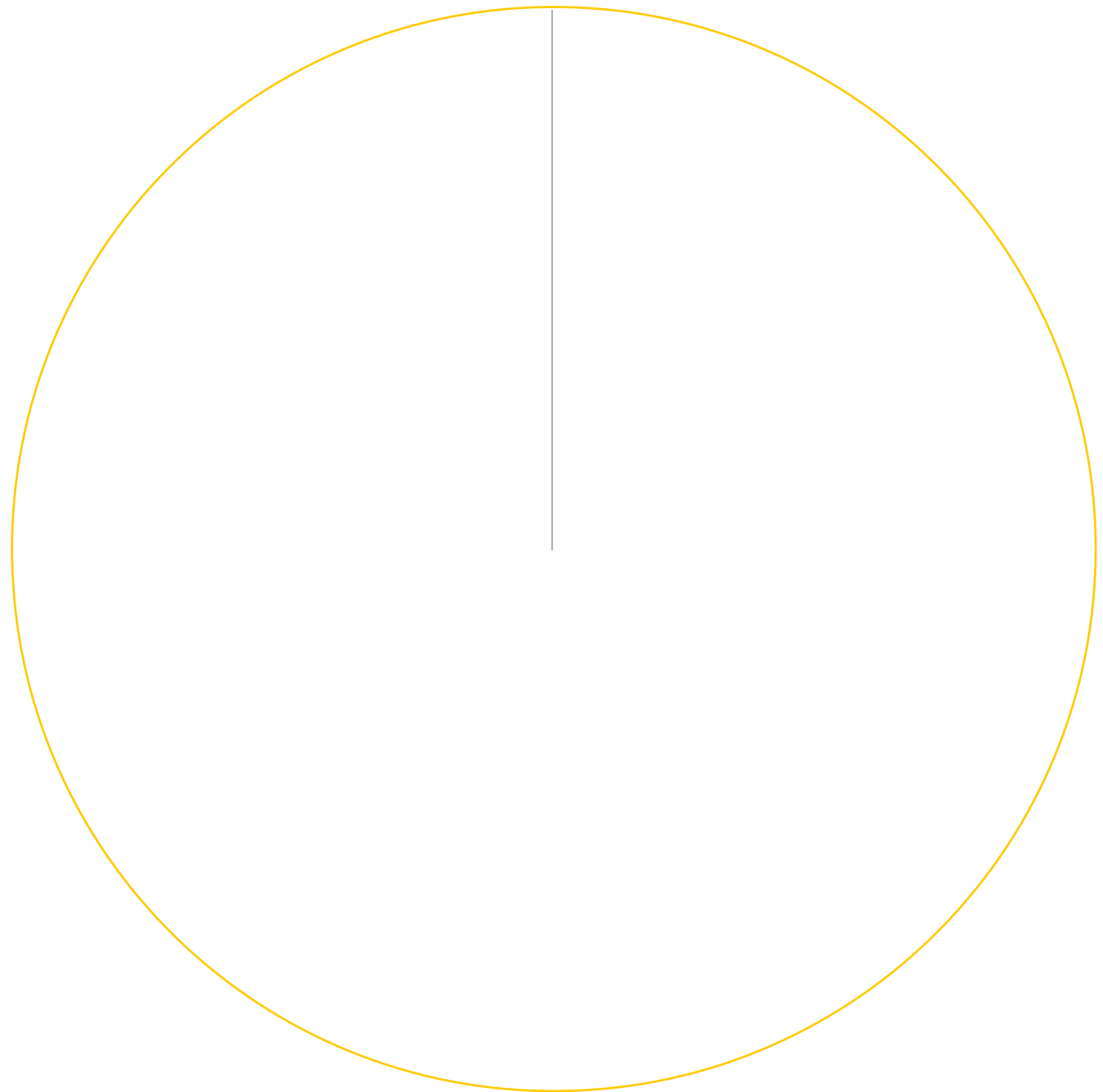


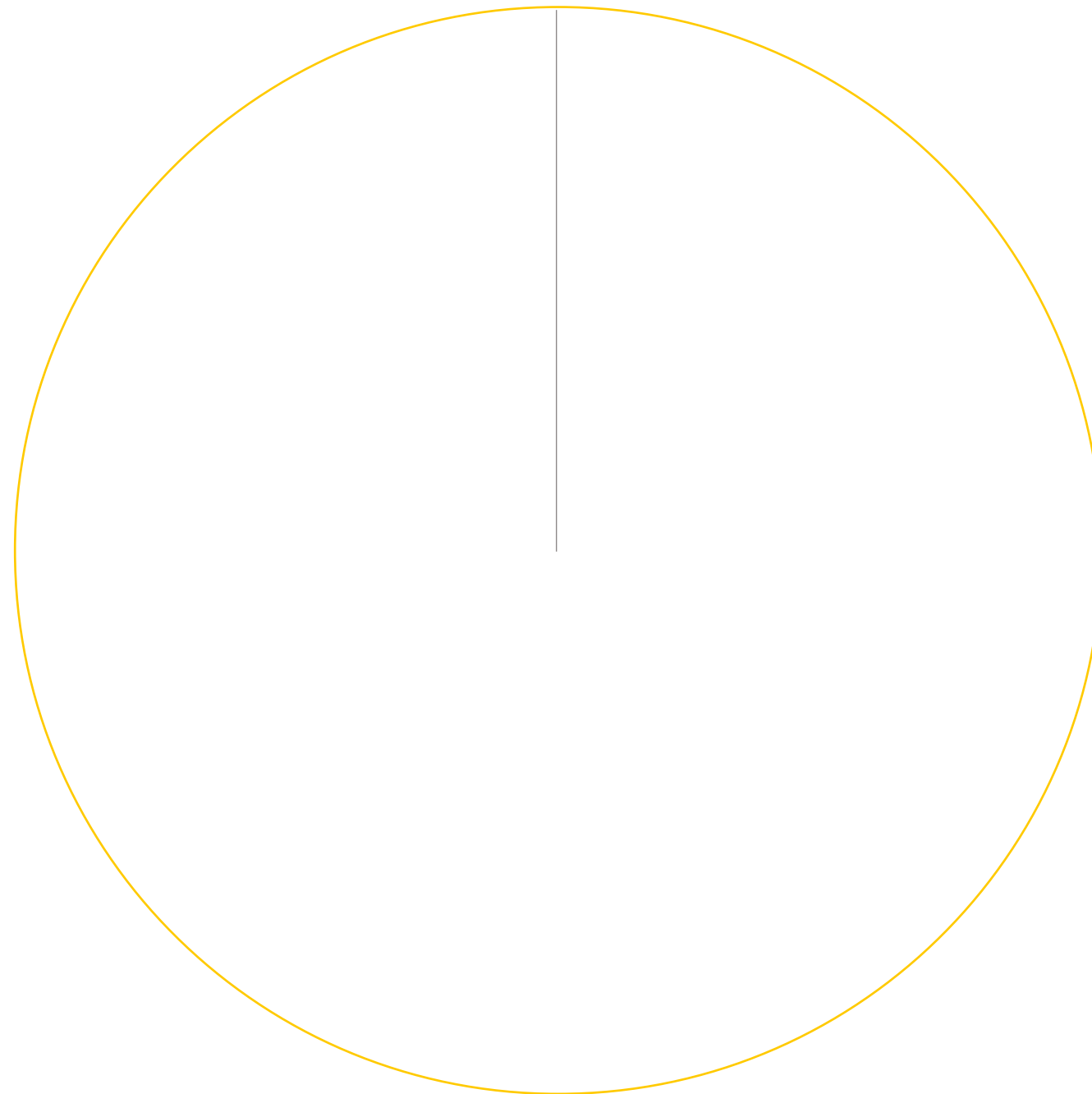
your time balance

Think about all the elements of your life that take up your time.

Write a list of them here. Include work, family, recreation, health, and any other responsibilities you hold.

Now divide up the circle here into segments representing the proportion of your time each activity takes. You could think of the entire circle as a day, a week, a month or even a year.





Now, re-evaluate the list from the first page; are there any elements that can be removed? Or anything you would like to add?

If necessary, make a new list here, and then divide up this new circle into segments representing how you would like to see your time divided.

your time balance