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?