

# 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)?

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- 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?

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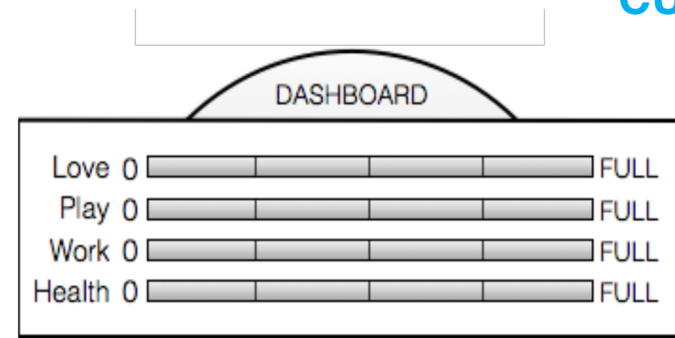
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- What incremental change could you attempt to move in this direction? What would it take for you to live this way for two weeks?

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**CURRENT**



**REVISED**

