

Total Life Balance Framework

Hi you use this to ascertain where you are now and where you want to be in the key areas of your life. The 98 hours per week comprises 7 days of 14 hours per day. For example if your family are really important to you and you only spend 10 minutes a week talking to them you could be out of balance. If you would like some support in completing this framework please ask,

Thanks,
Pete

Topic	Current Situation	Hours per 98 Hour week	Future Aims
Health What is important to you when you consider your health?			
Wealth What constitutes a wealthy life for you?			
Family What & who are important to regarding your family?			
Relationships Who is important to you?			
Contribution How important is your contribution to the world?			
Spiritual What is important to you as far as spiritual growth?			
Career/Job What is important to you in your work?			
Playtime What do you do just for fun?			
Lack/Lose What areas in your life require giving up/stop doing?			