

Balance



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LIFE & CAREER COACH

1 What's on your plate? List the have to's:

e.g., caring for parents; dog walking; school/work; kids' activities etc

2 With that in mind, using the schedule below, block out a schedule of what your last 7 days looked like.

Wake up, bedtime, travel time, tv, dinner with friends...everything. Or keep a record this week.

3 Now check –

- a) What's missing?
- b) Are there activities in the schedule you love to do?
- c) Is there space to refill your cup?

4 In your 7 day schedule, what is one thing you would be willing to do less of so you can have more time for what you value?

For example, perhaps you've discovered you watch more TV than you thought, and you could instead fit in an evening walk listening to some music? Or maybe you've found yourself spending a lot of time washing dishes every day, and so you could pull together a food plan where you cook meals for multiple nights, and this means you can have more time with that book you've been meaning to crack into.

5 Now create a new schedule adding in the things that you would like to spend more time doing.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
EVENING							

NOTES: _____
