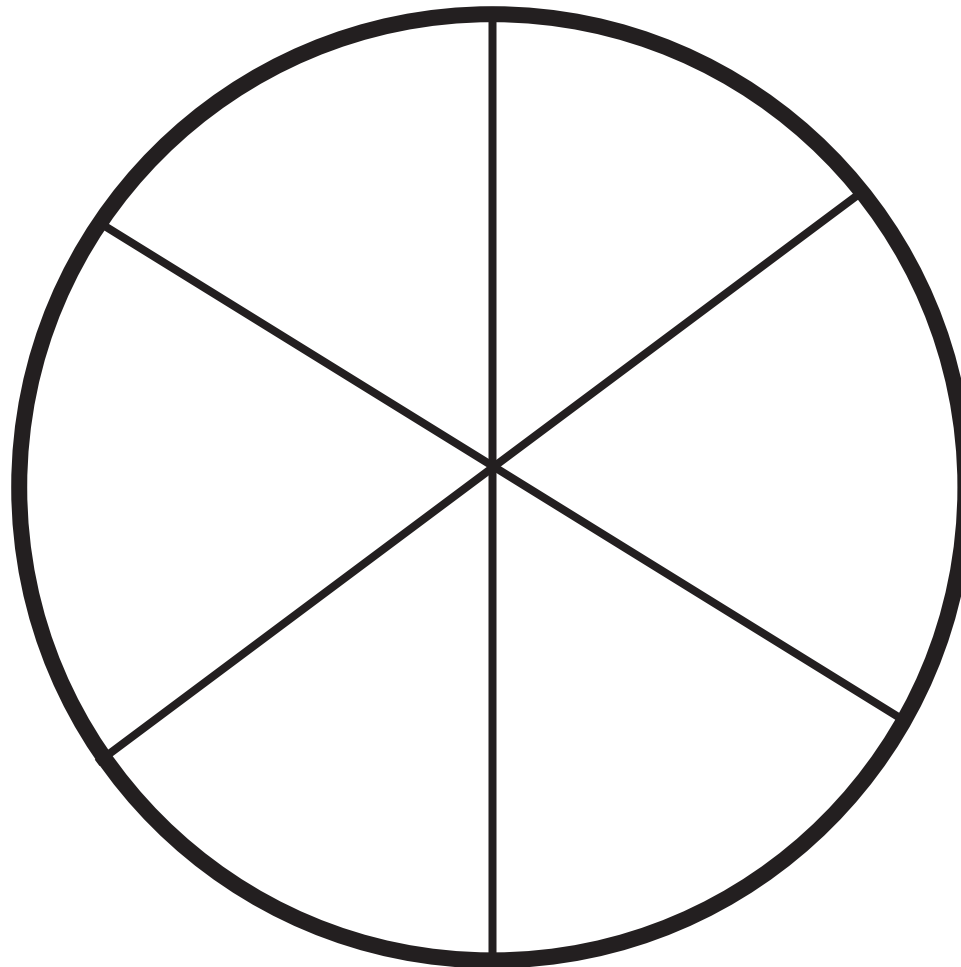




Values Circle Chart

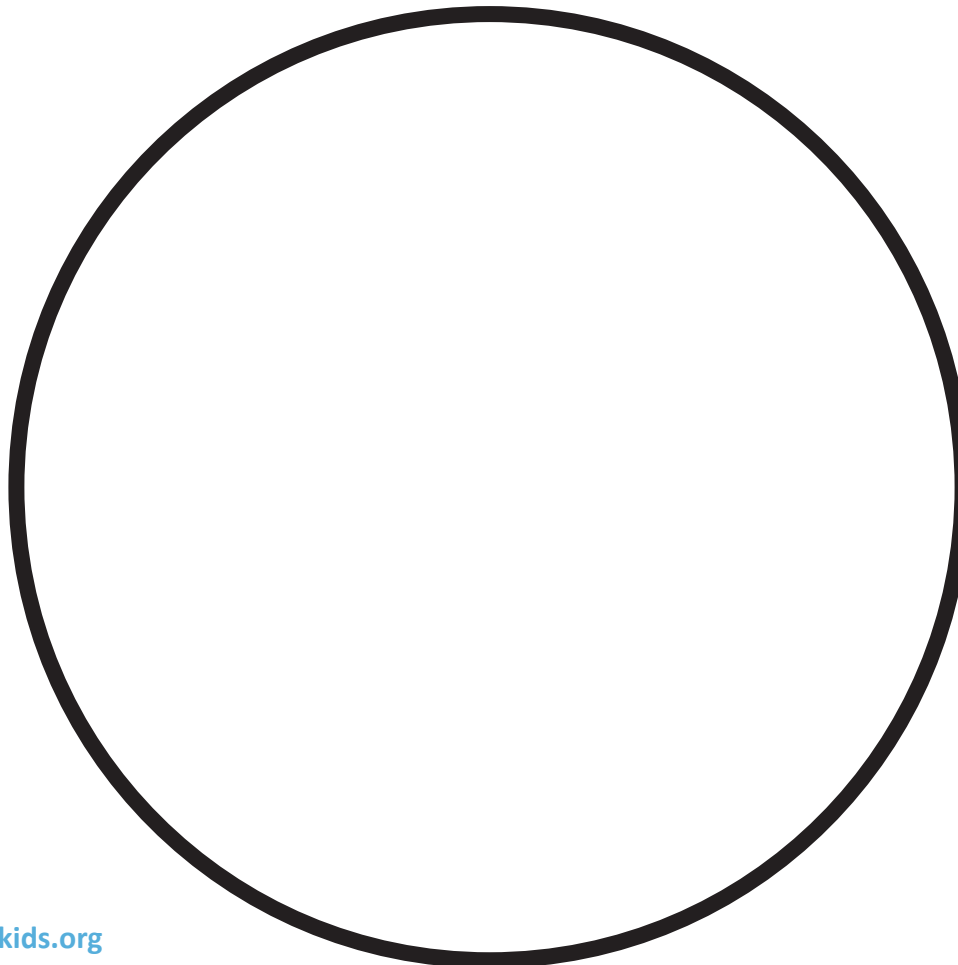
In the chart below write the six things in your life that are most important to you right now. This can be anything. There are no right answers and it's about you. Examples include: getting enough sleep, having dinner with my family, basketball, volunteering at the shelter, taking care of my dog.





Values Circle Chart

Now, divide the empty circle below, make your own pie showing what portion of your time you currently get to spend on these things, as well as what is taking up other parts of your day.



Take a look at what you said is important to you, and how you are actually spending your time. Then answer the following questions:

1. How will you allocate your time to create balance?
2. How long are you planning on living this way?
3. How long can each of your values sustain this setup without damage?
4. What steps are you willing to take to sustain balance?