Work / Life / Self

Choose where your time and energy go.

You can care about all three without giving each an equal share. Choose a balance that fits your values, responsibilities and current season.

Name _____ **Date** _____

WORK — **Economic value**
Employment, enterprise and learning that supports your work.

LIFE — **Shared values**
Relationships and community beyond economic exchange: family, friends, faith, voluntary service and civic life.

SELF — **Personal values and joy**
Your health, restoration and joy for their own sake. You do not have to earn them through productivity.

Map your current and desired balance

Think about a representative week. Divide 100 units across the three areas as they are now. Then choose your desired split for the same kind of week at a future date. Current and desired totals must each be 100.

Current week / season: _____ **Desired by:** _____

AREA	CURRENT units	DESIRED units	GAP (+ / -) desired - current
Work			
Life			
Self			
Total	**100**	**100**	**0**

Gap = desired minus current. A positive gap means more; a negative gap means less. The gaps should add up to zero.

These units are a rough combined estimate of time and energy, not hours or a medical score. Count an activity once, under its main purpose. There is no ideal split.

Make one useful change.

Start with the gap that matters to you. Keep the change small enough to try and clear enough to notice.

What is already working that you want to protect?

Which gap matters most, and what value would closing it serve?

What will you reduce, stop or renegotiate to make room?

Name any commitment, expectation or conversation that needs to change.

Your two-week experiment

Choose one small change to try for two weeks.

I will...

When / how often

I will make room by

I will know it helps when

Start date **Review date (two weeks later)**

At your review, notice what helped, what cost more than expected and what you want to adjust.