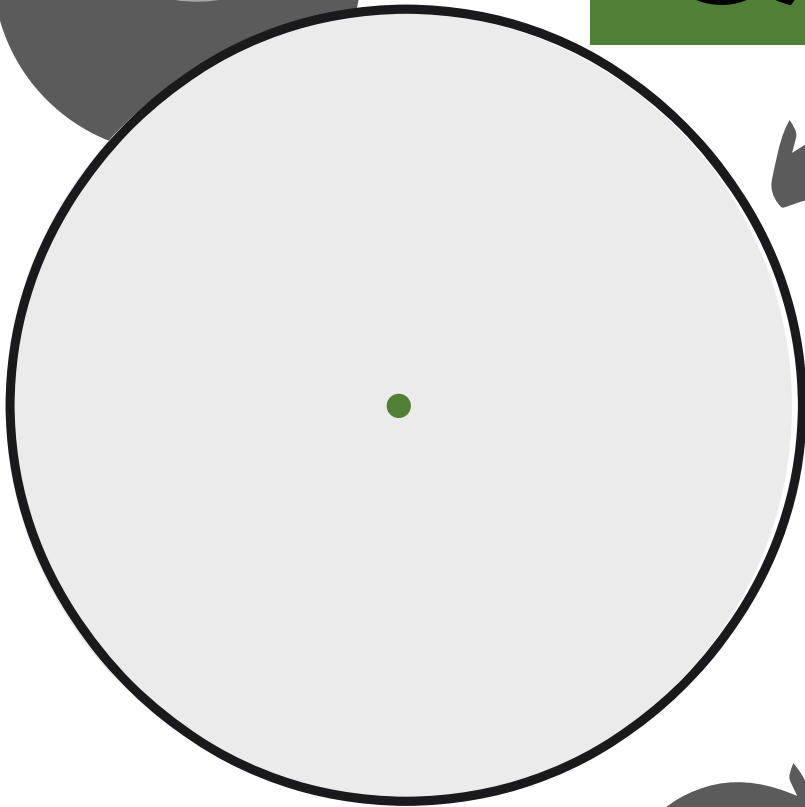
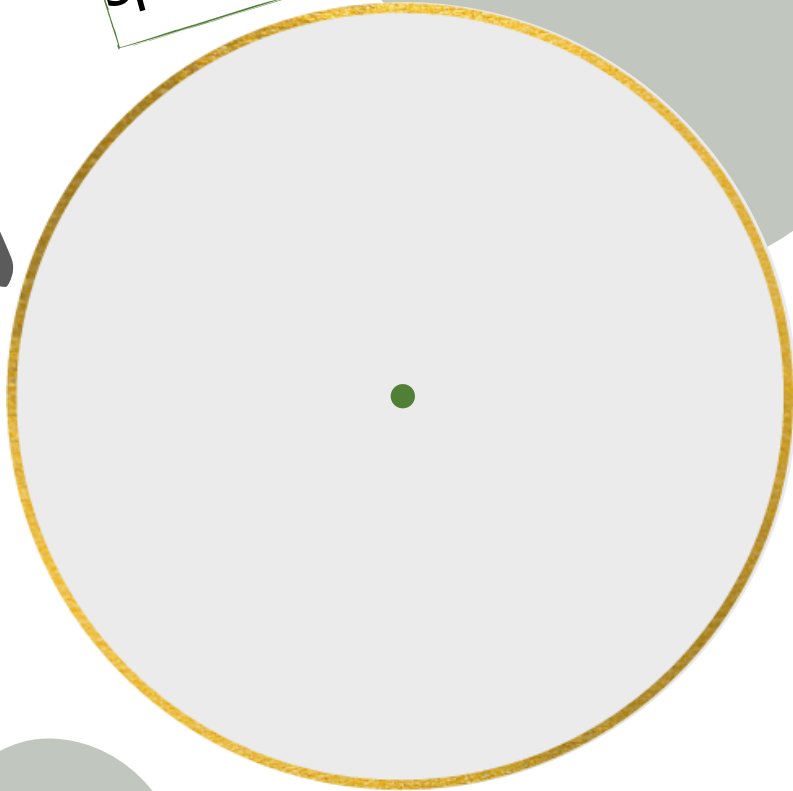


life satisfaction & balance



in one circle, create a pie chart that represents how you spend your time now.

in the other, create a pie chart that represents how you want to spend your time.



what are the differences? what's missing?



thought

prompts

does the first graph properly represent your priorities?

can you identify where you're able to make changes right now?

what is standing in the way of making

the changes you want to make?

what of that is in your control?

from whom or where can you get

support when making changes?

what are some ways you can care for

yourself when change becomes challenging?

