

6 Life Tasks

This is very similar to "Healthy Priorities".

Estimate how much of a percentage of your time and energy go to the following categories:

- Spirituality, which can just be quiet time in nature, meditation and prayer, etc
- Health (your wellness routine, nutrition, sleep and exercise)
- Family
- Friends
- Love relationship
- Work

Draw a circle and distinguish a slice of "pie" with a percentage for each category. This is, in essence, how you are living your life.

Now you have a visual. Take a look and see what area needs to be reduced or expanded so you have more balance in how you live your life to meet your needs.

Make a plan on how you would respond to this info on your behalf. Be specific with your plan and act on it.

What would you shift for this week, the next week, and by the end of the month?

JUDY A LIU, INC

LICENSED MARRIAGE & FAMILY THERAPIST LIC#MFC31687

CERTIFIED COACH

judyannliu@gmail.com