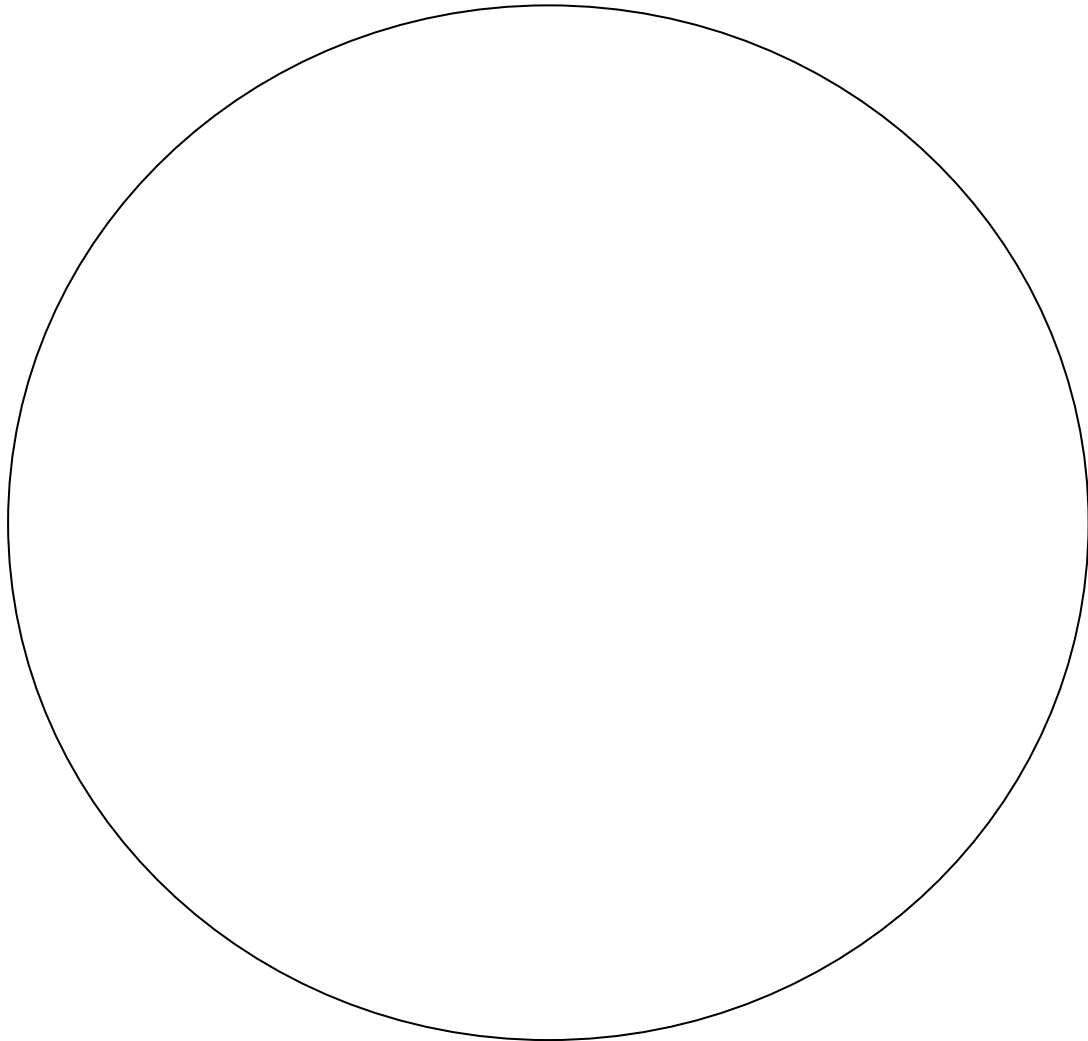


How much time do I currently invest in these life domains?

The circle signifies 100% of the available time.

Take the last four weeks as a reference and think about how much time you invested in the different domains.

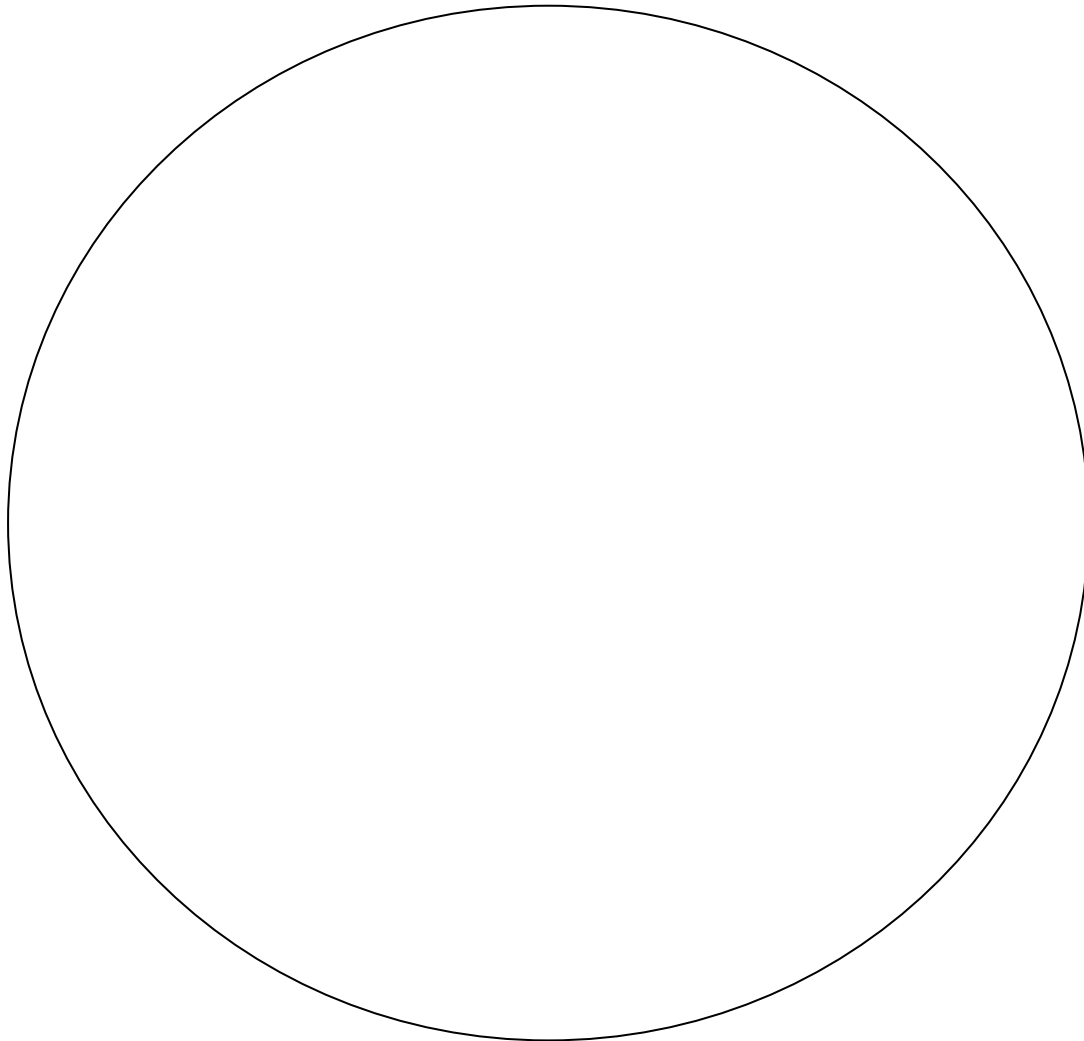
Divide the circle into different pieces in accordance to the time you spent in the respective domains.



How important are my different life domains to me?

The circle signifies the importance of all domains.

Think about the personal importance you attach to all your different life domains. Divide the circle into different pieces in accordance to the relative importance of the respective domains.



Compare the two circles:

- Are there life domains which are important to you but don't get enough time/attention?
- Are there life domains which aren't that important to you, but you still invest a lot of time in them?
- To what extent do the two circles match? Where are the discrepancies? Mark or colour in these discrepancies.
- Think about where you want to change something.
- Think about how you could change something.