

Core Focus Area (Informs My Life Priorities)

Life balance

My Top 6 Focus Areas Right Now

Being virtuous: Take greater accountability at all times, particularly during tough situations

Self-awareness: Always see things through to the end, learning more from mistakes I make along the way

Personal constraints: Reduce worry, fear and anxiety in my life to become free to live a more fulfilling life

Life balance: Put greatest emphasis on those parts of my life that enable me to attain more balance (job, family, outside activities, relaxing)

Engaging struggles: Reduce frustration when I confront difficult situations, thinking through solutions to increase my resilience to overcome

Experiencing joy & fulfillment: Enjoy fun times with kids and friends to the max (they strengthen me) without feeling guilt that I should be doing something else