

Life is a Balance

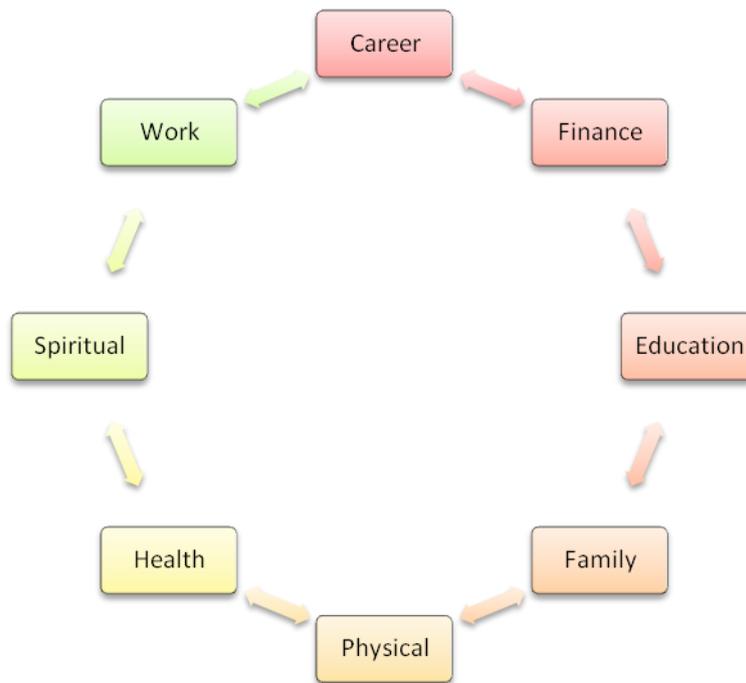
An old saying goes..

“there’s 8 hours for work, 8 hours for play.. and 8 hours for rest”

Life today, however, is a little more complex and instead of having three sectors in our circle of life, we have dozens...

What are the most important sectors that make up your life?....

Family, health, physical, work, career, spiritual, finance, education, social, other....?



The trick is to consider how much of your time and energy each sector fills each day, weekly, monthly, . . . in your life?

This process helps you to prioritise and to identify the “big rocks from the small rocks”

The parable of the Rocks talks about . . .

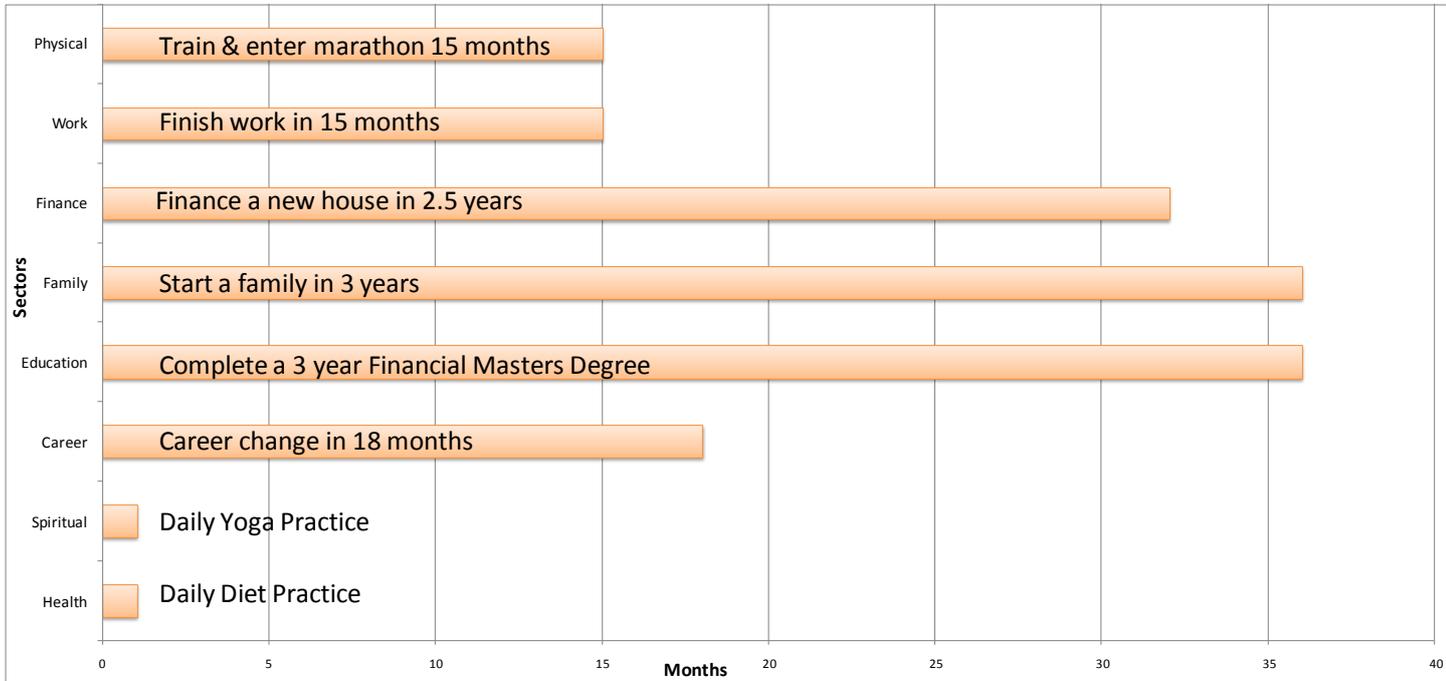
“filling your jar, with the big rocks first, then the smaller rocks, then the sand and finally the water so you can fit them all in... “.

Note that each sector will take up the different amounts of space in your circle of life at different times . . . this process is dynamic in that it is constantly changing . . . this is normal.



Let's start with how it is right now.

Once you have decided which sectors / areas are most important in your life (you could even think of them as the "segments in your orange"), you can then start to consider short, medium and long term goals in each one of these areas: and mapping them out as indicated in the example below -



From the example above you could conclude this may lead to a major time/stress crunch around the 3 year mark.

As this is a planning chart you can look ahead and avoid this type of stress by reprioritising your goals as indicated in the example below -

For example, the family plans may be able to be pushed out a few years, the house plans could accelerate to 2 years and the current work position could be maintained without the planned career change till after the Masters' Degree has been completed. This would both reduce stress and help increase the probability of successful completion of all your goals.

Good Luck! . . . the best time to start is now!

**Remember, plans are not carved in rock . . .
they can change as priorities and life in general changes.**

