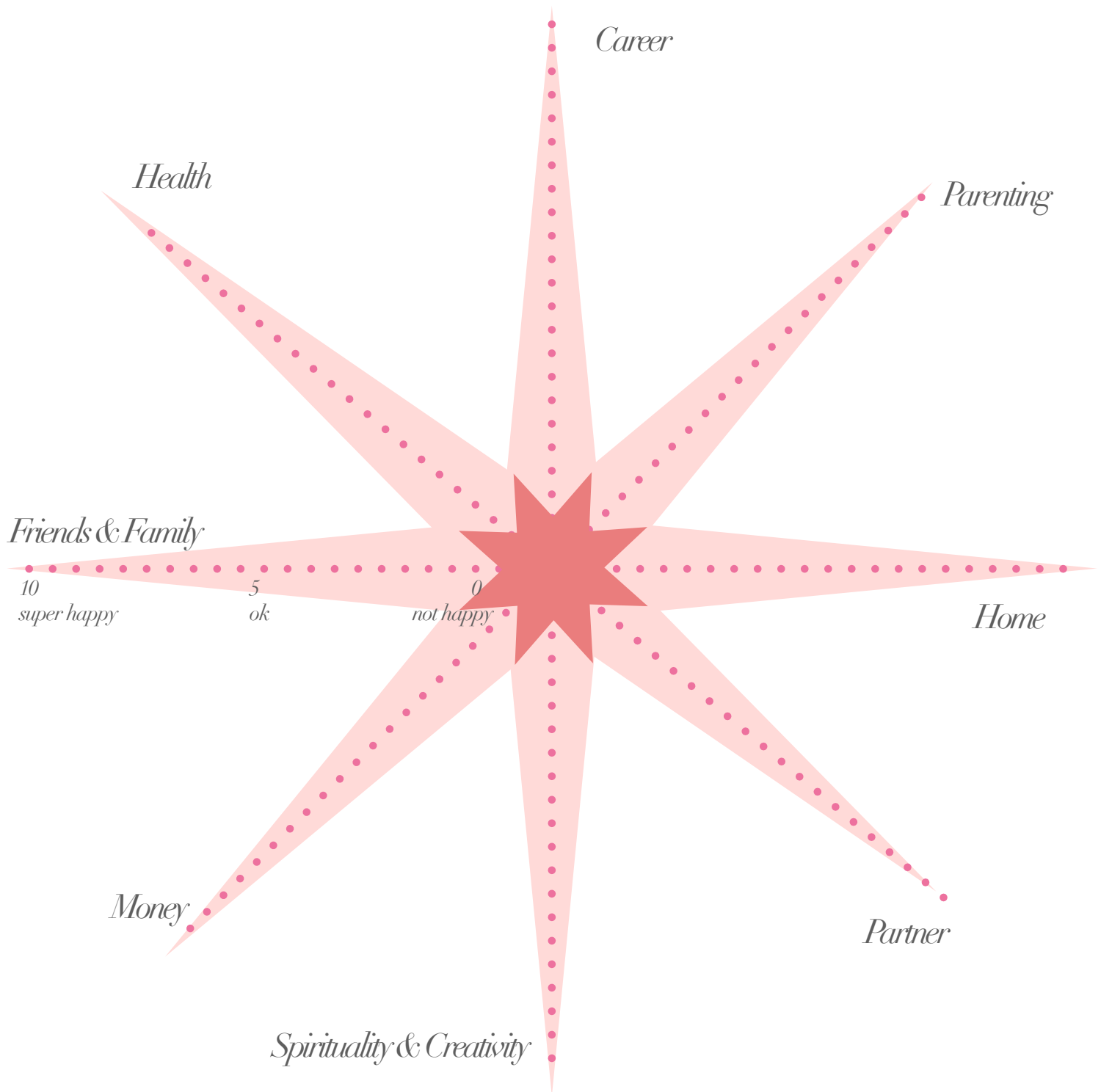


# STEP 1 - CONTENTMENT COMPASS

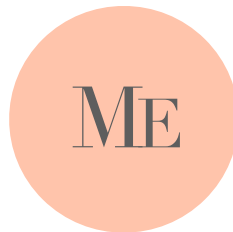


Map out your level of contentment in each of these areas. The closer to the star, the less happy you are about that area. Notice the balance or imbalance.

Do you want to address any imbalances? How? What are you happy about? Not happy about?  
Which pieces of the compass affect the others?

# STEP 2 - WHERE I SPEND MY TIME

The size of the circle reflects the amount of time spent. The proximity to the centre circle, how important it is to you. Indicate those things you would like to (or feel you should) spend less and more time on. Prioritise those areas that you would like to spend more time.



We all get 24 hours in a day. We choose how to spend that time. Of course, some things just have to be done. Are some circles robbing others? Where do you want to spend more time? Where do you want to spend less time?

# STEP 4 - BIG GOALS/IDEALS

Career/ Purpose	Partner	Home
	Kids	Health
	Friends and Family	Self Development

MAKE THEM  
ACHIEVABLE  
MEASURABLE  
STRETCHING

MAKE  
THEM  
COUNT

What has to happen to make these a reality? Place them in your to do list.

# STEP 4A - TO DO LIST

<b>Career/ Purpose</b>	<b>Partner</b>	<b>Home</b>
	<b>Kids</b>	<b>Health</b>
	<b>Friends and Family</b>	<b>Self Development</b>

# STEP 4B -THREE PRACTICAL THINGS THIS WEEK

## WEEK BEGINNING .....

Career/ Purpose	Partner	Home
	Kids	Health
	Friends and Family	Self Development