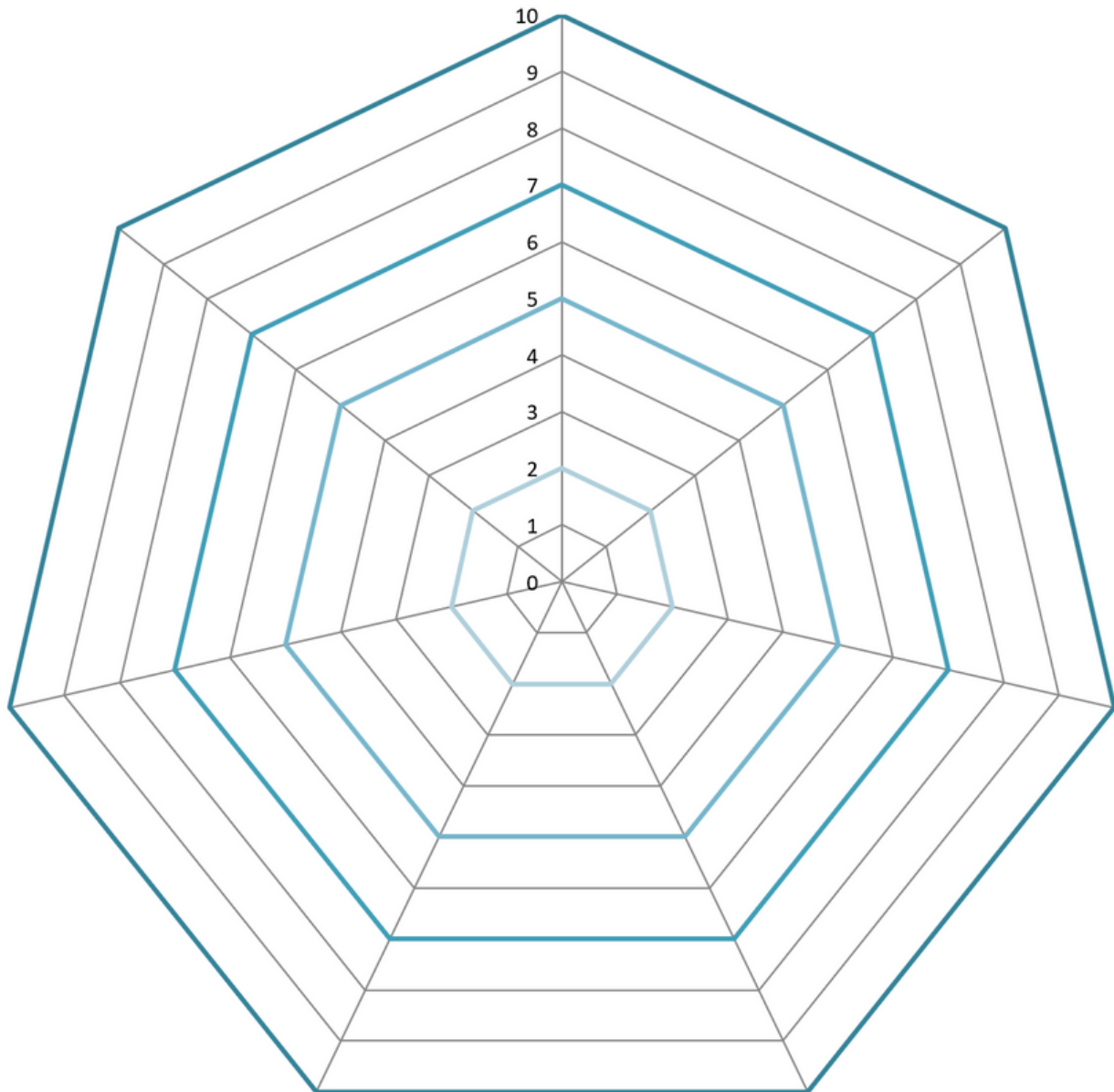


life web – connect to all areas

1. Label each segment with a category or area of your life.
2. Shade in the segment for each section to indicate how connected and satisfied you are with the current state of that area (the more shading the more connected and satisfied!)
3. What areas would you like to change your score? How would changing one area create changes in others?

see page 2 for an example



life web - connect to all areas

example

my sample next steps:

- 1. visit with friends once a week - combine activities?
- 2. plan household tasks - it's okay to spread them out
- 3. set a strict bedtime
- 4. keep running!

I am seeing my friends a lot and it's great, but it's taking a lot of time

