



LIFE IMBALANCE WORKSHEET

PURPOSE: *This worksheet guides you through a process that helps you design temporary life imbalance as suggested in the Intensify step in the DISCIPLINE STRATEGY®. The goal is to create maximum focus on the pursuit of your goal, reduce unnecessary tasks, and keep those life activities you highly value.*

<p>Clearly state your decision for life change and your WHY!</p>	<p>As a reminder to yourself and in order to set the proper mental frame, write your decision and goal. Also, list three compelling reasons why this is important enough to create life imbalance for a period of time.</p> <p>What have you decided - what is your goal - describe the life change you will create</p> <p>_____</p> <p>_____</p> <p>List three reasons WHY this is critically important to you and others you care about.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>															
<p>What are your critical roles and activities in life? Will you drop, keep, or modify?</p>	<p>During the time of intensity, there will be some activities or roles you play in life that can not be sacrificed and you will keep these. Other activities or roles can be dropped or modified to reduce time invested. List as many of your life activities and roles as possible and decide what to do. For example, perhaps you volunteer at the local homeless shelter two nights per week. But, during the time of intensity you decide to reduce it to one time per week. Identify activities that will be totally dropped. Identify activities and roles you will keep without modification.</p> <p>Brainstorm a list of as many activities or roles you fulfill as possible. Then decide whether to drop, keep, or modify.</p> <table border="1"><thead><tr><th data-bbox="537 1266 683 1287">ACTIVITY/ROLE</th><th data-bbox="849 1266 1040 1287">DROP/KEEP/MODIFY</th><th data-bbox="1149 1266 1414 1287">NOTES (HOW, WHEN, WHAT)</th></tr></thead><tbody><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td><td>_____</td></tr></tbody></table>	ACTIVITY/ROLE	DROP/KEEP/MODIFY	NOTES (HOW, WHEN, WHAT)	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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<p>How will you specifically increase the amount of time you invest in pursuit of your goal?</p>	<p>Now that you have decided what will be removed or reduced in your life, how do you specifically expand the amount of time you will invest in the pursuit of your goal. Identify the ways time was consumed in the past and how you will utilize that "FREED TIME" now in pursuit of your goal.</p> <table border="1"><thead><tr><th data-bbox="638 1675 748 1696">FREED TIME</th><th data-bbox="1060 1675 1341 1696">SPECIFIC PLAN FOR THIS TIME</th></tr></thead><tbody><tr><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td></tr></tbody></table>	FREED TIME	SPECIFIC PLAN FOR THIS TIME	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____			
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