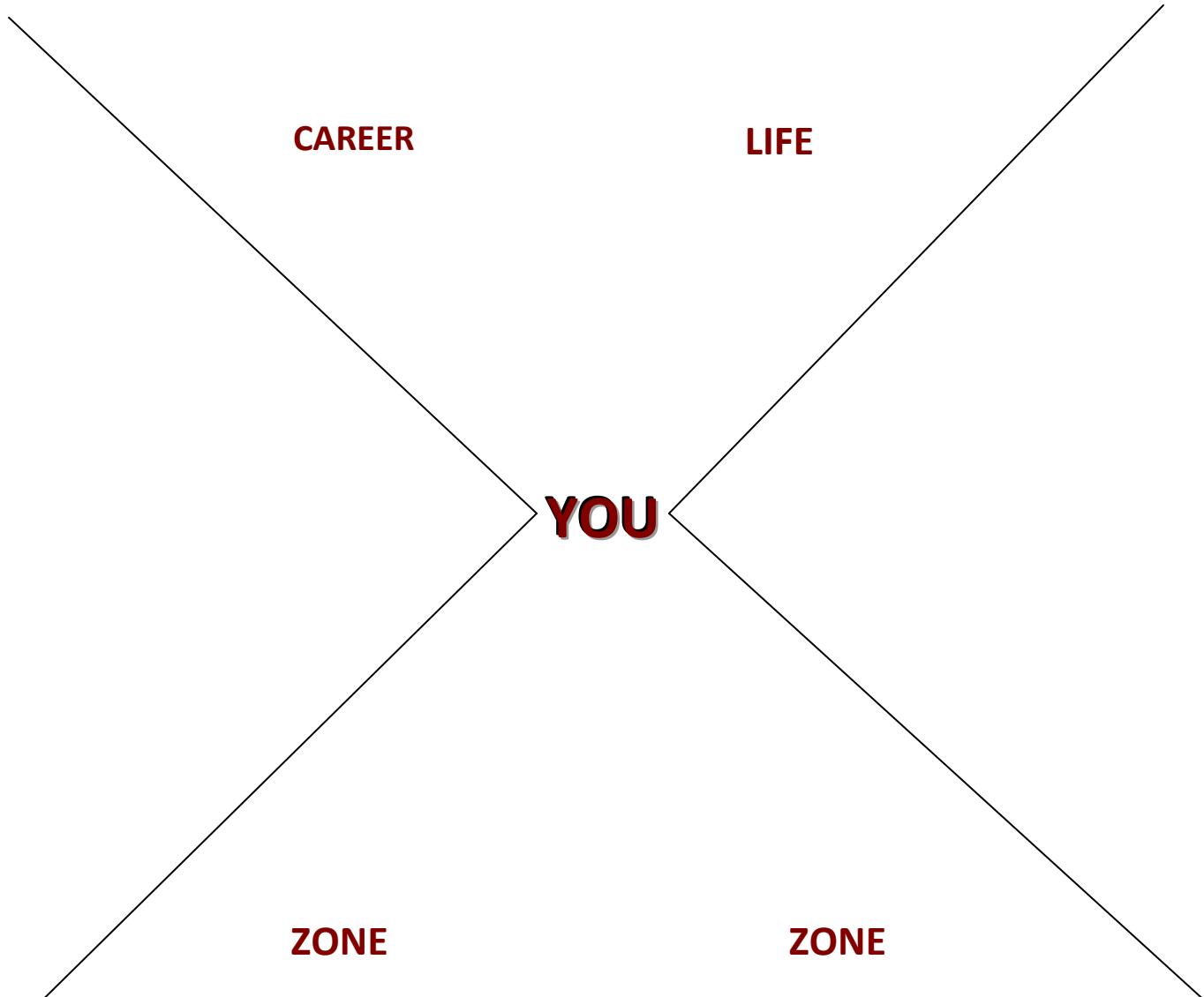


BUILDING YOUR CAREER & LIFE ZONES WORKSHEET

Take a moment and fill in your zones to give yourself an image of all the things you are trying to balance in your zones.



When you take a look at your zones do you feel overwhelmed? Do wonder how you can manage all of these things in your zones? Do you ask yourself what can I take out? Do you ask yourself what is missing? Do you ask yourself where do I get help? You are not alone, all of us ask these same questions when we look at our zones and see all that we have on our plates. You and I can work through the elements in your zones to define the width for which you can maintain balance.