

Mastering the Balancing Act



A Systems Approach to Work-Life Harmony

Name:

Email:

Five First Principles Goal

Current Rating

Sleep		1	2	3	4	5
Nutrition	1	2	3	4	5	
Exercise		1	2	3	4	5
Stress Management			1	2	3	4 5
Connection		1	2	3	4	5

Which of the 5 First Principles are you going to focus on for the next 30 days?

What does success look like for you in 30 days?



What are two actions you are going to take/habits you are going to change in the next 30 days?

Who is your accountability partner going to be?