

OBJECTIVE →

"REMEMBER: FAILING TO PLAN IS PLANNING TO FAIL" 'KEEP RECORDS & DAIRY'

GOALS:

(2) Avoidance behavior (dropping off)

(3) Excuses (negatives)

FAILURE CYCLE

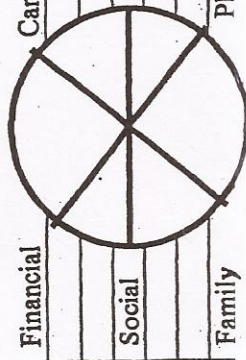
(1) Excitement phase (4 weeks)

(4) Blame (not responsible)

CYCLES →

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

BALANCE IS THE KEY → "REMEMBER: In time management you must BALANCE all 'three' aspects of 'wellbeing' MIND, BODY & SPIRIT"



Financial

Career

'Score zero to ten' on the 'balance' wheel of life EVERY 3 Months'

Social

Mental & Spiritual

Family

Physical