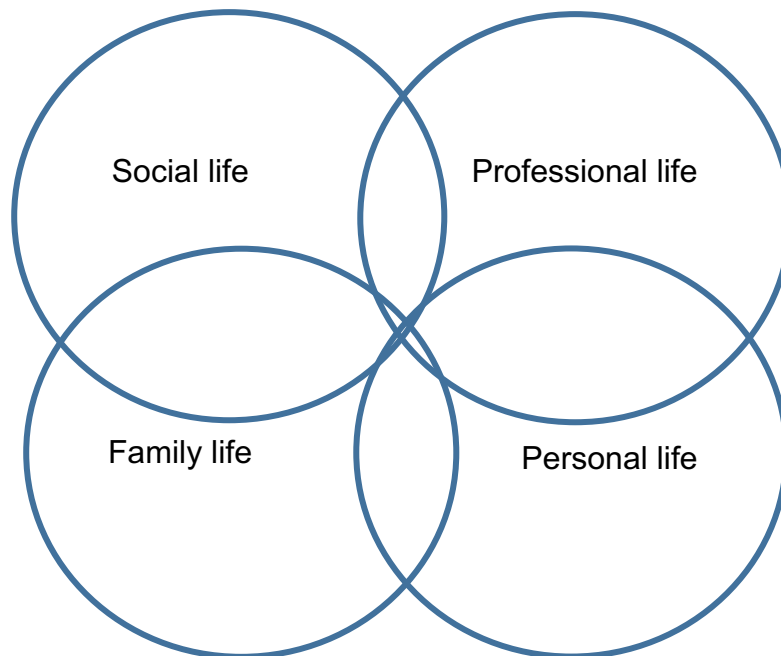


FINDING THE BALANCE BETWEEN THE DIFFERENT SPHERES OF LIFE AND CLARIFYING YOUR GOALS¹

Clarifying your life's goals, in the different spheres of your life (professional, social, family, personal) allow you concentrate on the essential (on what really matters), and to live a better, simpler life. In order to manage the different parts of your life, first, you need to set a course, meaning a direction, a goal to pursue for a certain time (mid or long term goal, with a deadline).

Each and every one of you has to draw her own spheres of life, representing the current state of things, and to assess whether or not it is aligned with your own commitments to yourself. The size of each sphere must be proportionate to the amount of time you spend on it, and/or how important it is for you.



Family life: loved ones, partners, children, parents, siblings.

Social life: friends, network, organizations, clubs, recreational activities.

Professional life: job, career, training, setting up a new business.

Personal life: fulfilling activities, passions, health, body care, psychological relaxation.

Individual exercise: Being able to set your own life goals (1 to 3 tops) for each sphere. Draw 2 maps representing the balance of the spheres of your life: current and desired. The difference between the 2 will highlight the course of action to improve your situation. Repeat the exercise regularly (every 2 or 3 months for example) to check on your progress or to readjust your path.

¹ Source : Marina Bouchet, Psycho sociologist and expert in time management, www.toucheb.com, contact@toucheb.com , 2020.