

OBJECTIVE ▶

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

GOALS:

(2) Avoidance behavior (dropping off)

(3) Excuses (negatives)

(1) Excitement phase (4 weeks)

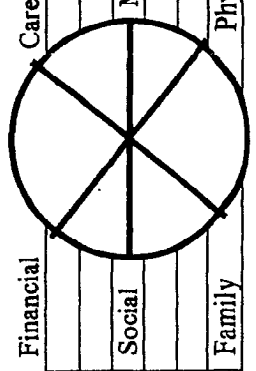
(4) Blame (not responsible)

FAILURE CYCLE

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"



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

Financial

Career

Mental & Spiritual

Social

Family

Physical