

#1: Where do you stand?

The Winter Season

How much time are you giving to each of these components on an average each week?

Fill in the Chart.

	Spiritual	Psychological	Emotional	Physical
Average Time Spent				

Why are your answers the way they are? What's keeping you from giving the necessary amount of attention to each area as you should?

What are some action steps you can take that will contribute to bringing these components into balance in your life?

Brainstorm Activities or things you could do to cultivate and maintain these 4 components in your Life.

Spiritual	
Psychological	
Emotional	
Physical	

#2: Assign your Time

The Winter Season

Determine how much time you need to dedicate to each of these areas to create the balance in your life needed to aid you in becoming successful. Then, allocate time everyday or certain days to maintain these 4 essential components for your life.

**Keep in mind, balanced time does not necessarily mean equal time. Certain activities can contribute to the nourishment and maintenance of multiple components.

	Spiritual	Psychological	Emotional	Physical
Time I Should Spend Weekly				

	Su	M	T	W	Th	F	Sa
Spiritual							
Psychological							
Emotional							
Physical							

Notes