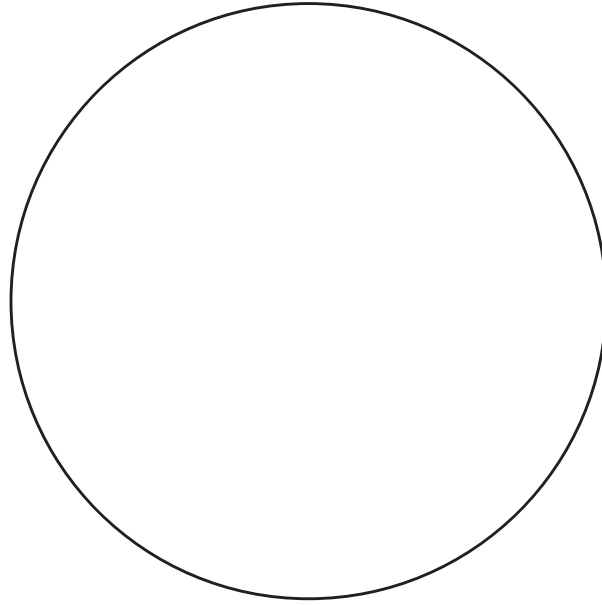


HANDOUT 10.2

My Life Pie

What are the current roles that take up time, energy, and space in my life?



In what areas would I like to spend more time?

What are some strategies I can use to make this happen?

In what areas would I like to spend less time (prioritize, delegate some things)?

How much time do I currently spend taking care of myself?