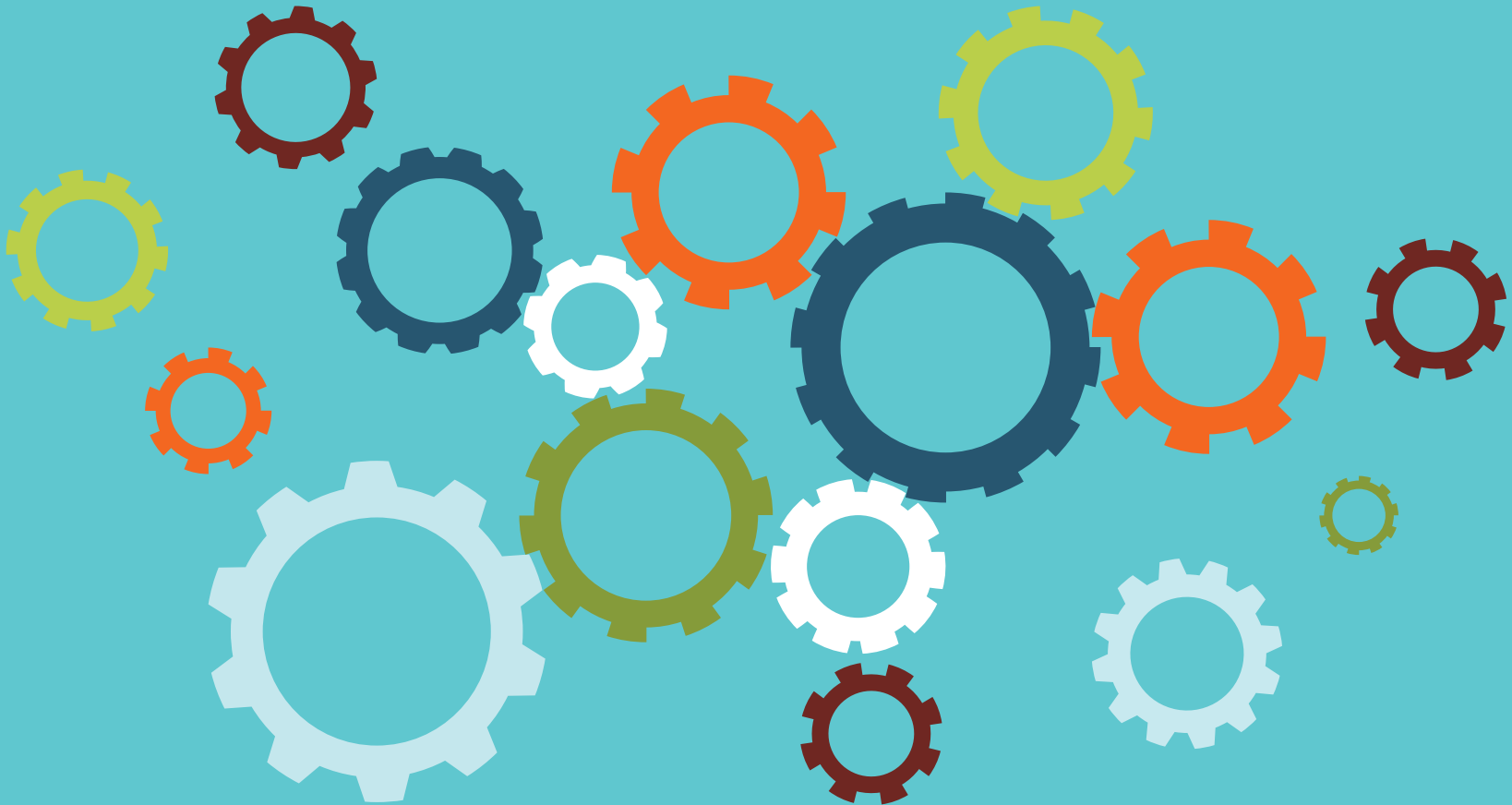
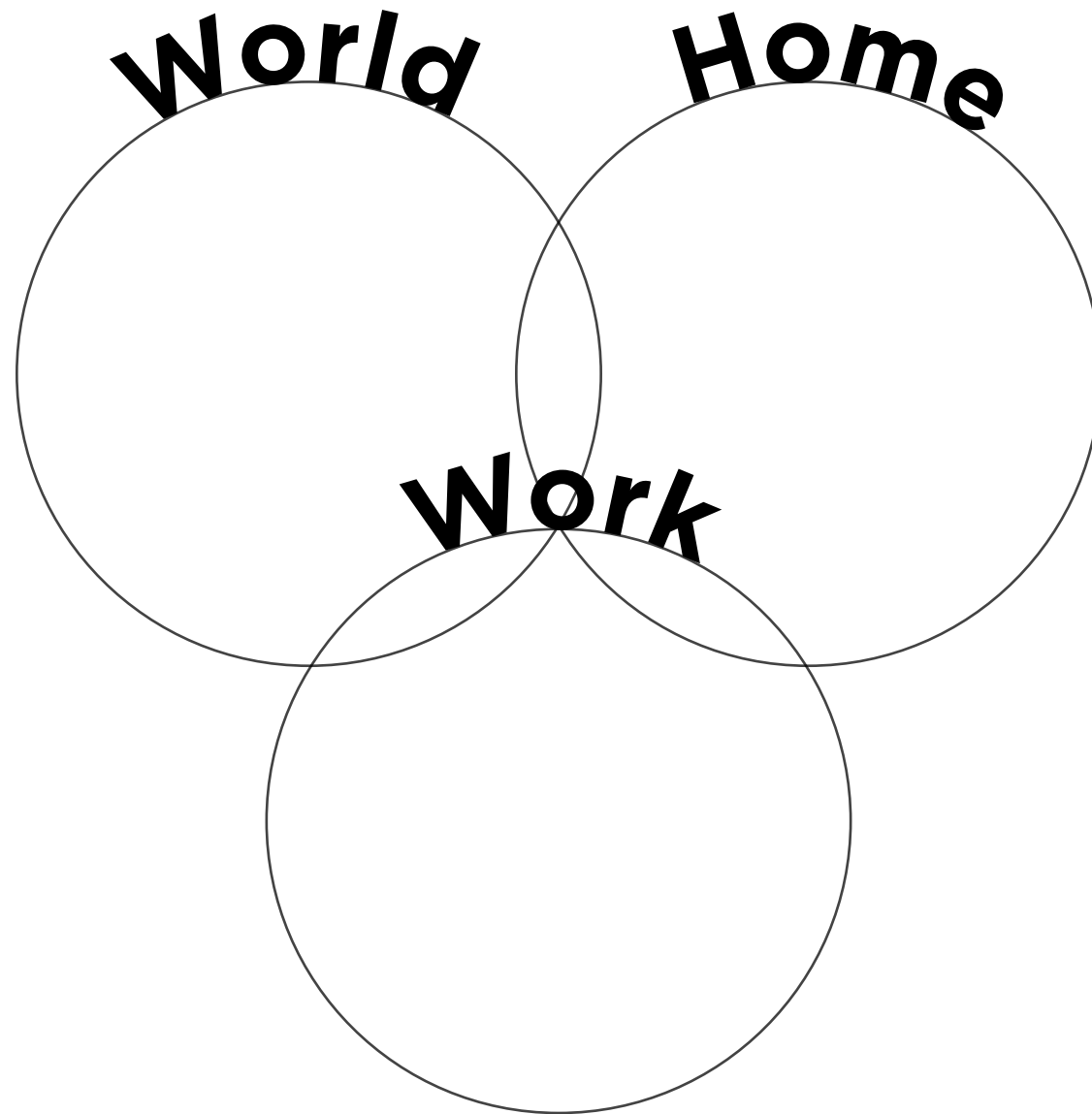


Integrating

Work, Home and Your Personal Life



What's Going On In Each Of Your Circles?



Integrating Work, Home and Your Personal Life Webinar Self-Analysis Worksheet

1. What events or conditions cause your greatest stress?

3. What people are included in these stresses?

2. Do you have control over these situations?

4. What things at work

a. Get you excited?

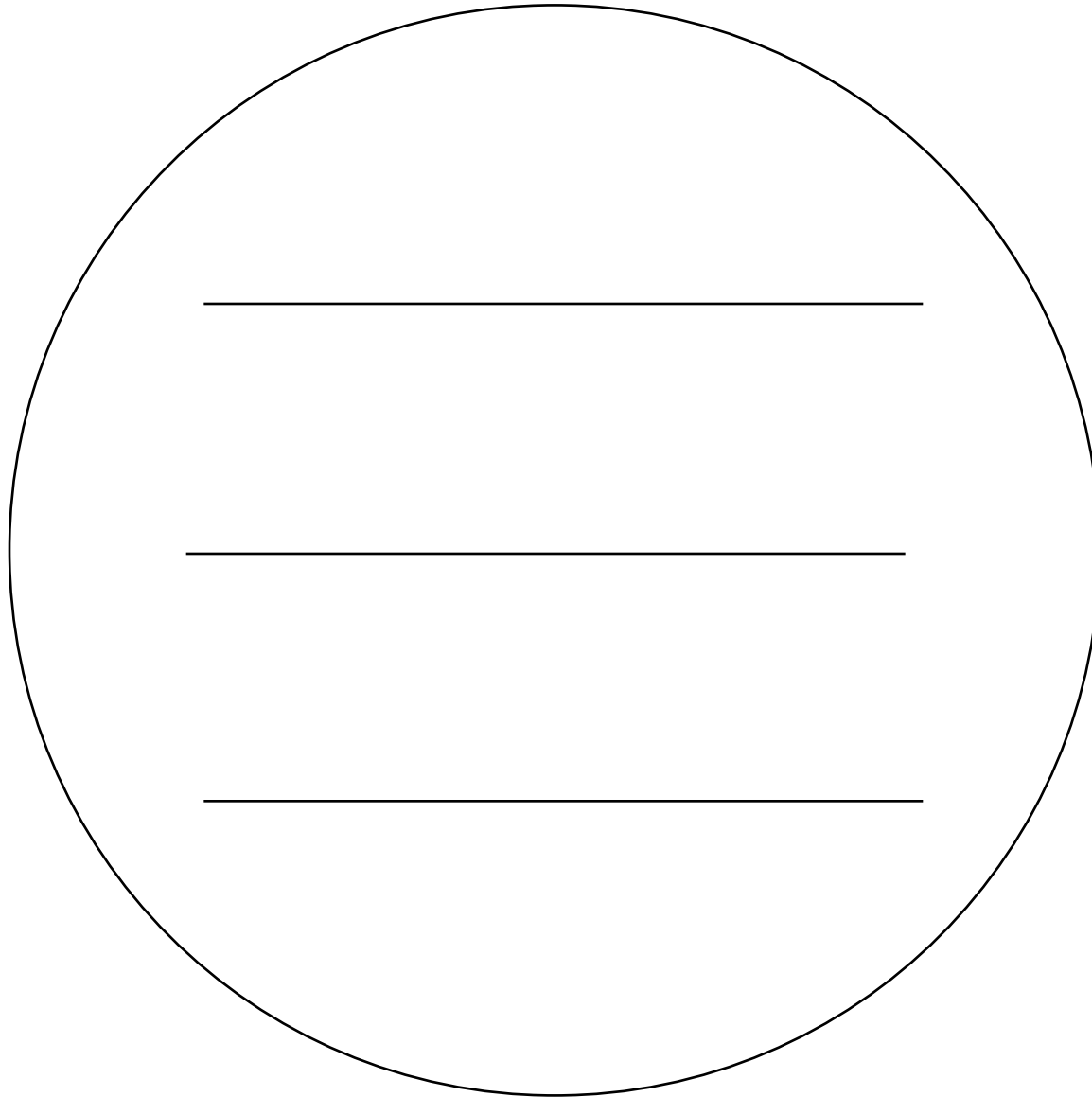
b. Frustrate you?

Out of Balance



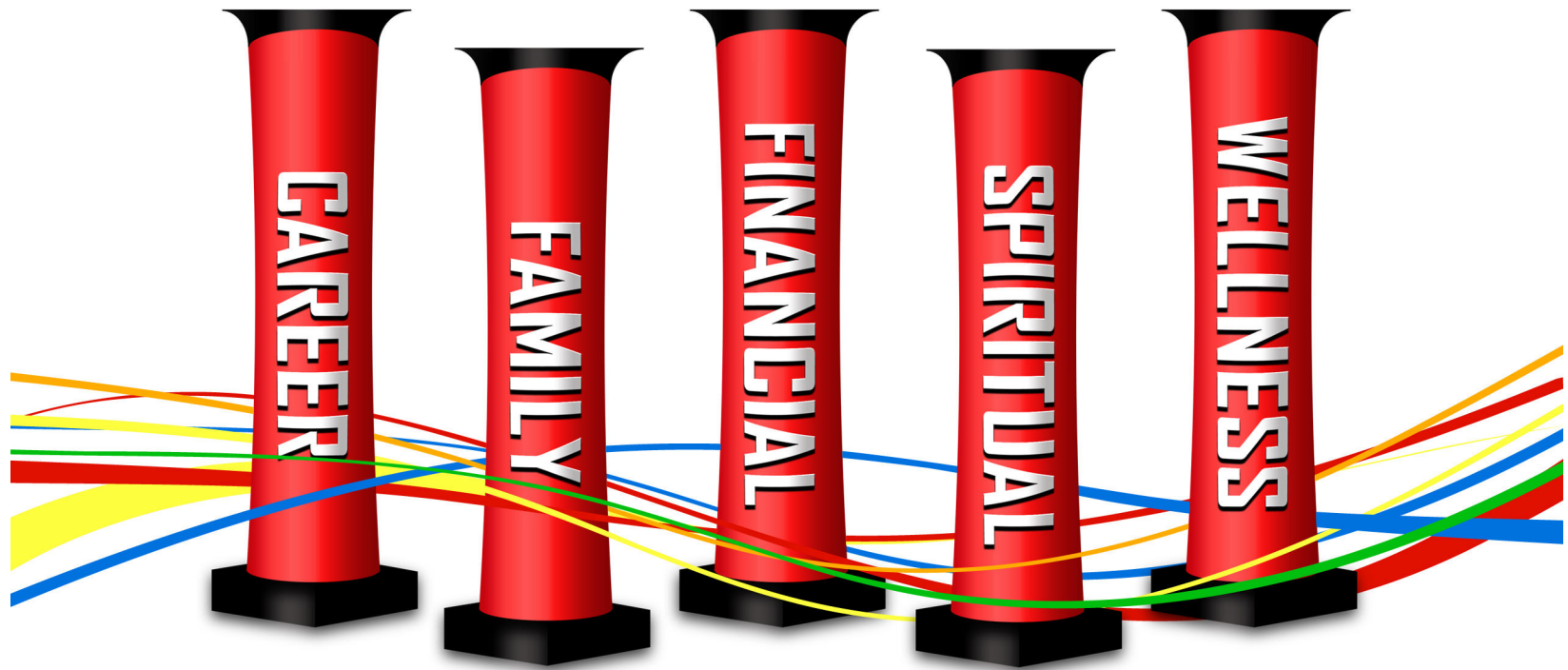
1. _____ 2. _____ 3. _____ 4. _____

Magic Formula



A large circle is centered on the page. Inside the circle, there are three horizontal lines spaced vertically, providing a space for writing a formula or answer.

The Five Pillars



Notes: _____

Self-Management













Self-Management - More Tips!



















It Is Your...

L _____

I _____

F _____

E _____