

BALANCING MY LIFE

List all your daily activities, rate them on a scale of 1-10 according to level of enjoyment, and label the ones that are physically demanding or mentally stressful (PD, MS)

Activity	Enjoyment 1-10	(PD), (MS)
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		
8. _____		
9. _____		
10. _____		
11. _____		
12. _____		
13. _____		
14. _____		
15. _____		
16. _____		
17. _____		

(-) 1

And then place them on this scale

(+) 10

neutral

Next, use a different highlighter and highlight the items on the left according to things you have to do, and things you could delegate if you need to. The idea is to tip the scale as much to the right as possible. Finally, Plan. Where will your speed bumps go? Which activities can you use compensatory techniques for to make them easier? Where will better body mechanics make a difference? This close examination will lead you to a healthier, more balanced life.

How balanced can you be?

Job to delegate: _____ Who will I delegate to? _____
How will I do this? _____

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