

Sheet 1: What are your roles?

Role	Time (hours/days/full time)	Energy (++ / + / = / - / - -)

Sheet 2: What is important in your life? What are your values?

Mention seven habits and try to fit them in the domains? Are there any neglected domains?

Sheet 3: My goals for the year

Holy Ground	
Organize your time	
Let's do it	
Dear ones around you	
Oh! My body	
Nurture your soul	
Stop	

Motto or word for the year (related to your values)

Sheet 4: Rhythm in all life areas

	Holy ground	Organize	Let's do it	Dear ones around you	Oh! My body	Nurture your soul	Stop
Daily							
Weekly							
Monthly							
Quarterly							
Yearly							

Sheet 5: My Ideal Day

H	7.00	
	8.00	
	9.00	
O	10.00	
	11.00	
	12.00	
L	13.00	
	14.00	
	15.00	
D	16.00	
	17.00	
	18.00	
O	19.00	
	20.00	
	21.00	
N	22.00	

Sheet 6: My Ideal Week

	Holy ground	Organize	Let's do it	Dear ones around	Oh! My body	Nurture your soul	Wrap up.
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 7.00 8.00							
9.00 10.00 11.00 12.00							
13.00 14.00 15.00 16.00 17.00							
18.00 19.00 20.00 21.00							