How do you currently spend your time? Divide your typical week (168 hours) into percentages from the using the “Current” circle. How would you like to spend your time ideally? Use the “Desired” circle to create a graphic representation of what you would prefer the percentages to be.

What similarities and differences do you see between the current and desired circles?

What changes, if any, can you make to be more productive and satisfied with work and life overall?