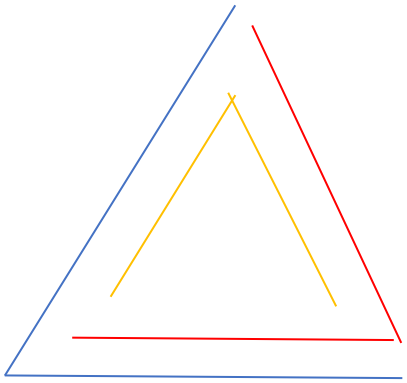
LifeBalance

(Linda and Richard Eyre)

A unique new way of thinking about time management, balancing these 3 important areas of life:



Work – *Employment, housework, yardwork, chores, etc.*

Family – *Relationships and time with those near and dear*

Self – *Hobbies, self-Care, volunteer work, socializing, etc.*

Use these 3 areas as balance points,
to plan a balanced schedule
daily, weekly, monthly, and yearly.