Life Balance Planning Kit

A practical starting point. Notice what matters, choose something manageable, then learn from trying.

01 / LOOK AT THE WHOLE WEEK

Write down fixed responsibilities before adding goals. Include work, caregiving, travel, rest and other demands. Balance does not mean equal time in every life area.

02 / CHOOSE UP TO THREE PRIORITIES

Select one to three priorities for this season. Keep no more than three active commitments across the whole plan. Put other good ideas on a later list.

03 / DESIGN A REALISTIC WEEK

For each commitment, name a time, a smaller fallback and any support needed. If the week has less spare time than expected, decide which commitment to protect and what can wait.

YOUR NEXT STEP

Use the worksheet on the next page. Explore the twelve journeys in any order; choose one to three priorities and keep no more than three active commitments.

Educational planning only. Not an assessment, treatment, or medical, legal or financial advice.

Make it your own.

MY FIXED RESPONSIBILITIES AND AVAILABLE ROOM

What is already on the calendar? What time and energy remain?

MY ONE TO THREE ACTIVE COMMITMENTS

1. ___ When: ___ Fallback: ___
2. ___ When: ___ Fallback: ___
3. ___ When: ___ Fallback: ___

MY LATER LIST AND WEEKLY REVIEW

Later: ___ . Review on ___ . What should continue, adapt or pause?

Would a conversation help?

Explore Life in Balance Cohort ($895 per person USD). Coaching is optional; availability and terms are confirmed before payment. SaaS membership is separate unless expressly included.

Explore the coaching program >

Free resources and coaching: https://twelve-life-journeys-live-coaching.douglascjohnson96.chatgpt.site/free-guides