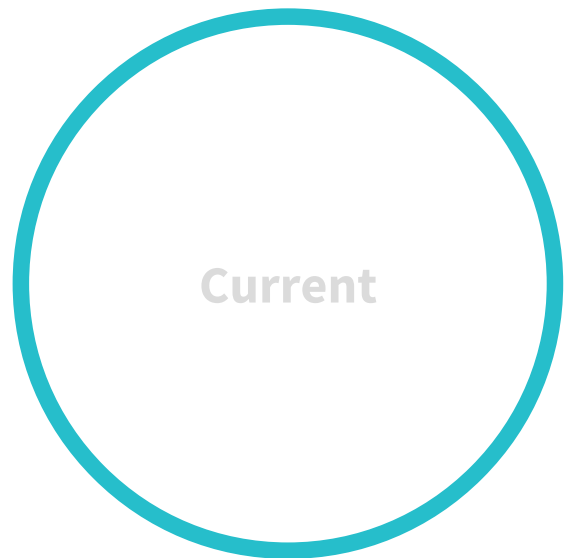
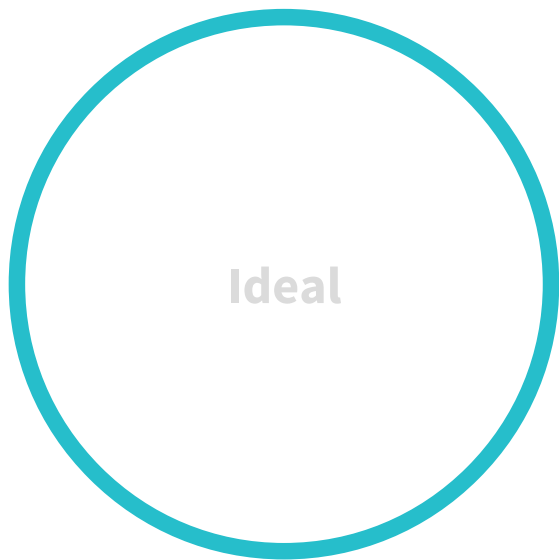


Values Diagram

Divide the circle to the right into slices, each representing the amount of time you spend on different elements or areas of your life. The larger the slice, the more time you spend on that area.



Now, using the circle to the left, think about where you would actually want to spend your time. What makes you happy? What gives you peace of mind?

Your first circle is your current life, and your second circle is your ideal life. Now, ask yourself the questions below;

1. What are the differences between your current & ideal circles?
2. What prevents you from taking action to make your “current life” closer to your “ideal life”?
3. Do you have internal or external barriers?
4. Which barrier is the biggest one for you to overcome right now?
5. How could you align your life with your true priorities?
6. What small and manageable new practices could you implement to work towards your ideal life?

To help you get closer to your ideal life, hang your ideal circle in a place you will see every day. Seeing your ideal circle on a regular basis will remind you and help you make daily values-based decisions.



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