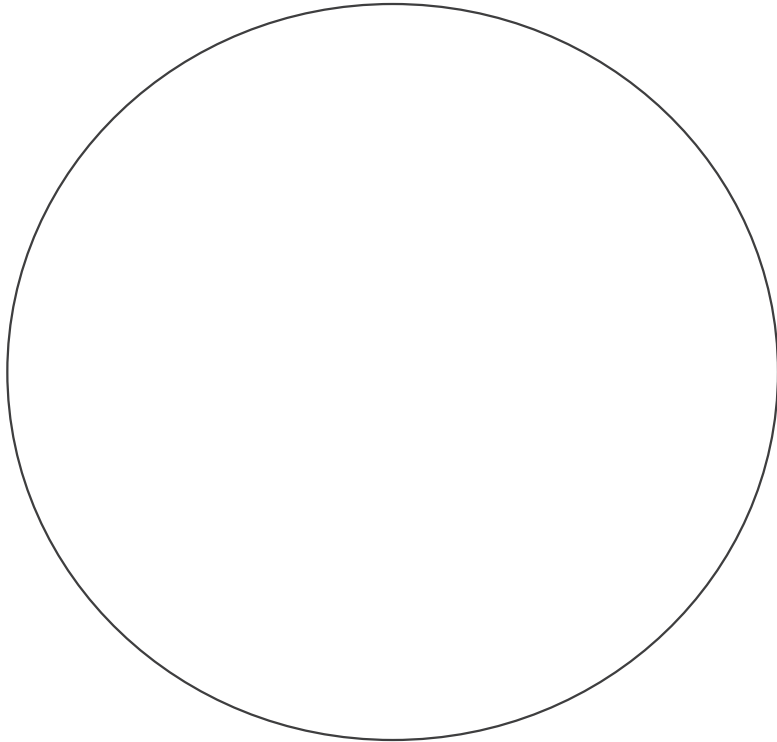




BOSTON **BUSINESS WOMEN**™  
MY WORK/LIFE BALANCE

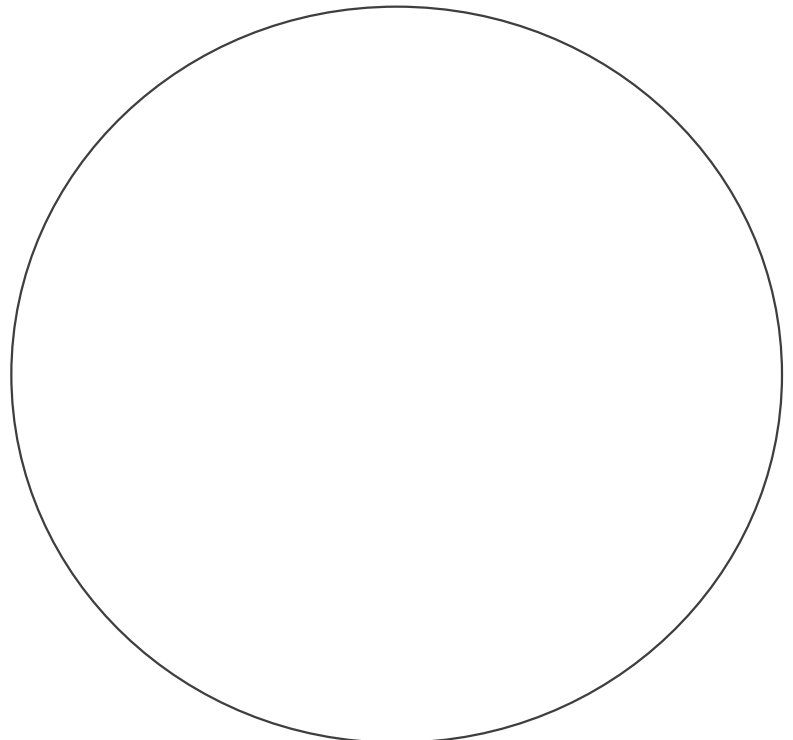


**Use This Pie Chart  
To Measure How  
Your Work/life  
Balance Looks Now**

**Including, but not limited to:  
Friends, Family, Personal Growth,  
Personal Health, Finances, Career,  
Love, Giving Back**

**Use This Pie Chart To  
Measure What Your Ideal  
Work/Life Balance Looks Like**

**Including, but not limited to:  
Friends, Family, Personal Growth,  
Personal Health, Finances, Career,  
Love, Giving Back**





## MY DREAM DAY

5am

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6am

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7am

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8am

---

9am

---

10am

---

11am

---

12pm

---

1pm

---

2pm

---

3pm

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4pm

---

5pm

---

6pm

---

7pm

---

8pm

---

9pm

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10pm

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11pm

---

12am

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Notes:



## 1 YEAR FROM NOW

WHAT WILL I HAVE ACCOMPLISHED?

WHAT WILL MY DAY TO DAY LIFE LOOK LIKE? HOW WILL I LOOK & FEEL?

WHAT WILL MY FRIENDS AND FAMILY SAY ABOUT ME?



## 5 YEARS FROM NOW

WHAT WILL I HAVE ACCOMPLISHED?

WHAT WILL MY DAY TO DAY LIFE LOOK LIKE? HOW WILL I LOOK & FEEL?

WHAT WILL MY FRIENDS AND FAMILY SAY ABOUT ME?



## MY YEAR IN REVIEW

### My Motto:

THEME OF THE YEAR:

BIGGEST TAKE AWAY:

### My Personal Inventory:

PERSONAL ACHIEVEMENTS:

LESSONS LEARNED:

I WAS TRANSFORMED THIS YEAR BY:



## MY BUSINESS INVENTORY

**Business Accomplishments:**

**Lessons Learned:**

**What Will I Do Differently Next Year?**



## MY GOAL SETTING

**Personal Goals For Next Year:**

**Business Goals For Next Year:**



## MY QUARTER 1 GOALS

(JANUARY, FEBRUARY, MARCH)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

NOTES:

## MY QUARTER 2 GOALS

(APRIL, MAY, JUNE)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

NOTES:





## MY QUARTER 3 GOALS

(JULY, AUGUST, SEPTEMBER)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

NOTES:

## MY QUARTER 4 GOALS

(OCTOBER, NOVEMBER, DECEMBER)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

NOTES:





## MY LETTER TO THE UNIVERSE

Write a letter to the universe (or yourself) five years from now. Write about all of your accomplishments, how amazing your life has been and everything you have experienced. Tell yourself how you spend your days, how free you feel, how abundant, healthy, and happy you are. How you wake up every morning and jump out of bed because you have created your own heaven on earth. Get deep and get specific. Describe the gorgeous room that you wake up in every morning. What does your home look like? Is your chef cooking you breakfast? Are you traveling to Europe this summer? How is your book tour going? What does your dream partner look like? How does he make you feel? How do you feel when you look at yourself in the mirror every morning knowing what you have accomplished? Write everything out and be descriptive. Read this letter to yourself every day (morning and night). Get into the mindset everyday that you are working toward accomplishing this life and will create your own heaven on earth in the next few years. How does your story make you feel? Focus on the good feeling thoughts and joy that it brings when you're reading it to yourself. Believe and trust that you can create this future for yourself and start to build it today! (you may add to, change or develop your story as much or as little as you want to each year!)

Have fun with it! - Kristina (the original busy girl)

DEAR UNIVERSE,