



THRIVING NOT SURVIVING LIFE BALANCE PLANNING SHEET - Week Beginning _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Work							
Love - Significant other							
Relationships, Family and Friends							
Fun and Enjoyment							
Learning							
Money							
Helping Others							
Spiritual Fulfilment							
Wellbeing And Health							



THRIVING NOT SURVIVING - LIFE BALANCE - PLANNING SHEET

2 Week Planning Period **Circle correct week** Week 1 / Week 2 Beginning _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Work							
Love - Significant other							
Relationships, Family and Friends							
Fun and Enjoyment							
Learning							
Money							
Helping Others							
Spiritual Fulfilment							
Wellbeing And Health							



THRIVING NOT SURVIVING - LIFE BALANCE - PLANNING SHEET

4 Week Planning Period **Circle correct week** Week 1 / Week 2 / Week 3 / Week 4

Date Beginning _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Work							
Love - Significant other							
Relationships, Family and Friends							
Fun and Enjoyment							
Learning							
Money							
Helping Others							
Spiritual Fulfilment							
Wellbeing And Health							



THRIVING NOT SURVIVING - LIFE BALANCE PLANNING SHEET

4 Week Planning Period **Circle correct week** **Week 1 / Week 2 / Week 3 / Week 4**

Date Beginning _____

[illegible]

