



Wellness Watch – Work/Life Balance Success Zones

by David Koutsoukis

Productive Zone	Replenishment Zone	(On) Self Zone	(For) Self Zone	Others Zone
<p>Work/Career I have a successful job/career/business that gives me the time and money I need</p>	<p>Sleep I wake up feeling replenished</p>	<p>Health/diet/exercise I have embedded health diet, and exercise routines</p>	<p>Fun/Leisure I laugh every day and have things I look forward to</p>	<p>Family I love my family and they love me</p>
<p>Home I am happy with my home and living arrangements</p>	<p>Relaxation I take time to 'stop the washing machine' and relax</p>	<p>Learning I continue to learn from study, experience and wise people</p>	<p>Esteem I get satisfaction from achieving things I want to</p>	<p>Friends I have a strong circle friends I enjoy the company of</p>
<p>Finance I/We are financially secure and our wealth is increasing</p>	<p>Stress Management I have strategies to calm down when I get stressed</p>	<p>Mental Attitude I have a positive mental attitude</p>	<p>Soul and Spirit I do things that feed my soul and lift my spirits</p>	<p>Community I am involved in and contribute to communities</p>

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