

Equilibrium Life Chart

The Life chart allows the individual to analyze their current Life situation, and to their state overall aims in life.

The 98 hour week allows for seven days. Each of 14 hours. You can adjust to whether you have a longer or shorter day.

Topic	Current Situation	Hours per 98 hour week	Future aims
Health What is important to you when you consider your health?			
Wealth What constitutes a wealthy life for you?			
Family What and who are important to you regarding your family			
Relationships Who is important to you?			
Contribution How important is your contribution to the world			
Spiritual What is important to you as far as spiritual growth is concerned?			
Career/Job What is important to you in your work			
Leisure What do you do for fun?			
Lack What other areas in your life require attentions			

To help you put balance back in your life contact EQUilibrium Coaching on +65 6491 1154
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