

DARDEN SCHOOL of BUSINESS Career Development Center

### LOVE-PLAY-WORK-HEALTH Balance Worksheet

### **CURRENT:**

- Mark your dashboard as it currently exists.
- What do you observe (and are you being fair)?

	,	
Work 0		FULL
Play 0		FULL
Love 0	1	FULL
Health 0		FULL

• If you could make one incremental adjustment, what would it be? Redraw your improved dashboard.

#### **REVISED:**

 What would you get if you could attain this revised level of balance? How would life (really) change for you?

	DASHBOA	
Work	0	FULL
Play	0	FULL
Love	0	FULL
Health	0	FULL

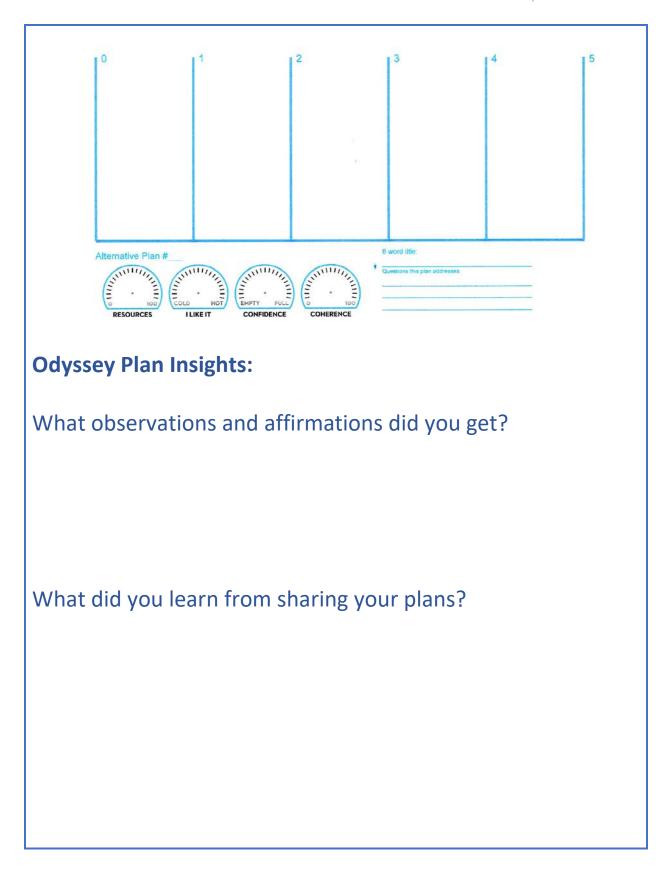
• What incremental change could you attempt to move in this direction? What would it take for you to live this way for two weeks?



# Mind Mapping:

## My crazy idea is:







## **Prototyping Your Odyssey Plans**

Review your Odyssey Plans and identify 1-2 things you are curious about and want to try out to decide if that possible future is right for you.

Think about what you need to learn.

"How might I prototype..."



My Action Plan:				
Actions	Deadline	Support		



### **Closing Commitment:**

As you get ready to leave this retreat, review your action items and identify the one action you will take in the next week to make a difference in your life.

Complete the sentence:

When I leave here, I will.....



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