

Work Life Balance Sheet

	Now		Future	
Work Roles	Time (hours/week)	Score	Time (hours/week)	Score
Strategy		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Finance		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Human resources		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Project X		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Project Y		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Other:		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Personal				
Family		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Recreation and social		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Education and growth		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Spiritual		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Fitness and health		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10
Other:		1 2 3 4 5 6 7 8 9 10		1 2 3 4 5 6 7 8 9 10