

My Life In PIE Form

* Start by breaking out your life into 8 different pieces of “pie” (examples: Career, Friends/Family, Finances, Health, Marriage/Relationship, Leisure/Fun etc).
* Rate each area on a scale of 1-10 with how satisfied you are with that area (10 is most satisfied), Number each area in priority.
* Think about what your ideal day would look like and feel. What things do you immediately feel need to take priority? What is preventing that? How can you change this?
* What do you want to work on most? Which area of your life seems to be taking too much of your energy and which area isn’t receiving enough? Keep in mind areas you can adjust to help balance each other out and still reach your goals. (Example: I want to go to the gym more (health) & spend more time with friends. Can you do work outs with friends to have both instead of each taking their own amount of energy/time?
* What is currently working great that can potentially stay the same?
* What areas can not change (like having to be at work) but can you work on your health by walking during lunch?
* The point is to find more BALANCE in your life and set GOALS on how to achieve more balance.
* Use pencil or print out multiple sheets – it is normal for your Pie to change over time so adjust as you go!
* Watch my videos on TikTok about your life in Pie Form! [My TikTok Link](http://www.tiktok.com/@brookieb4real)

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| 1.  Priority: |  |
| 2.  Priority: |  |
| 3.  Priority: |  |
| 4.  Priority: |  |
| 5.  Priority: |  |
| 6.  Priority: |  |
| 7.  Priority: |  |
| 8.  Priority: |  |