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Tool 4.6

Work-life balance exercise

The things that matter	What's going well	What's not going quite so well	Comments
Work	•	•	
	•	•	
	•	•	
Family	•	•	
	•	•	
	•	•	
You	•	•	
	•	•	
	•	•	
Time	•	•	
	•	•	
	•	•	
Money	•	•	
	•	•	
	•	•	