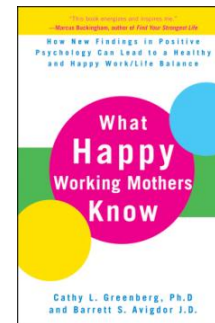




**Happy Companies**  
**Healthy People**



**What Matters To Me**

**Money**

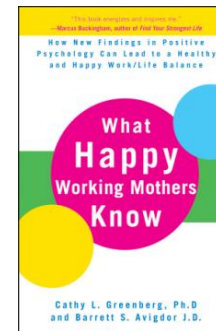
**Time**

**Energy**

- List those **values in life** that have meaning to you
- List the **percentage of time** you spend on this value using 100% as a base
- List the **number of minutes or hours** per week you devote to this value
- List the **amount of energy** you invest in this value as Positive(+) or Negative (-)
  
- List each value separately
- Rank order their importance
- Pick the top five for immediate focus and review
  
- Use the template to track your answers and demonstrate your awareness
- When completed you should have a record of the values you want to invest in



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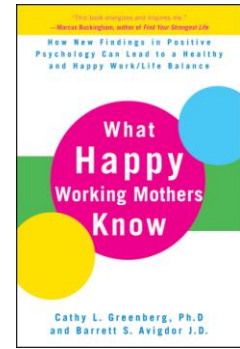
**Time**

**Energy**

•Raising Healthy, balanced children	33%	15 hrs driving kids	Negative (-)
•Doing interesting/useful work	?	60 hours	Positive (+)
•Saving for retirement and job loss	33%	15 min planning	Negative (-)
•Leisure Time (exercise, movies)	20%	5 hours exercising	Positive (+)
•Maintaining relationships	5%	2 hours	Positive (-)
•Contributing to community	1%	0 hours	Negative (-)
•Other	8%	5-10 hours	Positive (+)



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**What Matters To Me**

**Money**

**Time**

**Energy**

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