



Work-Life Fusion



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For each of your roles, identify 1) a long-term goal and 2) a short-term priority that will move you toward that goal.

Roles	Long-term Goals	Short-term Priorities

Map out a typical week – identify where you have energy and where you lack energy.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

List some energy builders that you can build into your routine and some boundaries you could try to enforce.

What do you need to do ahead of time to make it happen?

Energy Builders and Boundaries

Actions to Make it Happen

Plan out the next week – taking into account roles, goals, priorities and energy builders

Roles	Priorities	Monday	Tuesday	Wednesday	Thursday	Friday