

## Think More Broadly: One of Each

Sometimes life can get out of balance. And it isn't always due to work. Some of us can overdo the fun activities or maybe we get so intense that we overdo the search for meaning. It is good to check that we are focused on a wider range of activities.


















Say, for example, all of your selected cards are within the category 'Meaning'. This could mean one of two things.

Either: Pursuit of meaning is your main focus and priority for now and you do not want to dilute it?

Or: Pursuit of meaning is possibly a little out of balance and you should look at the other groups as well?

If the second sentence is true, try this.

1. Take all of the cards out of both boxes and group them by the word at the bottom.
  - a. Achievement
  - b. Earning
  - c. Engagement
  - d. Enjoyment
  - e. Meaning
  - f. Relationships
2. Put the Meaning ones aside (or whichever group it is that you have already chosen plenty from).
3. Look through the Achievement cards and select one card that you would like to focus on in the next period of time. Put the rest of the Achievement cards away.
4. Take the Earning cards and select one that you would like to focus on in the next period of time. Put the rest of the Earning cards away.
5. Continue through Engagement, Enjoyment and Relationships, taking one card to focus on from each group.
6. Now write yourself specific plans and goals for each of your new cards to focus on, alongside those you have already chosen from Meaning.

Earning	Achievement	Engagement	Enjoyment	Relationships	Meaning
					
					
					
					
					
					
					

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