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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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What Matters To Me	Money	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 (+)

* This person is not sure if they are doing interesting/useful work, but they are spending 60 hours a doing it.

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