
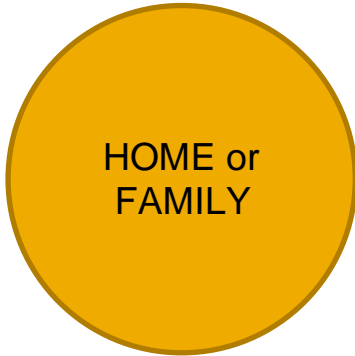


Four Domains Exercise

In the Stew Friedman's video, "Be a Better Leader, Have a Richer Life", he suggests finding the gap between who you are and who you want to be and taking steps to better integrate your work with your other responsibilities in order to close that gap.

Integrating your four domains allows you to better enjoy your life, bring your whole self to work and increase your energy and productivity.

1. Consider the relative importance of each area of your life. Under each of the four circles below, enter the percentage representing how important that domain is in your life. For example, if you highly value home put 50% in the home category and distribute the remaining 50% among the other domains for a total of 100%. Or, for another example, if you value all four domains equally, then put 25% for each.
2. Next, revisit each domain and enter the percentage of time that you spend in a week in each domain. Think about what your percentages says about your four life domains. Think about how you rated their importance and where there is harmony and where there is conflict as you balance the demands of each domain against the relative importance you've assigned to them.
3. Next, consider whether and to what degree the circles overlap. What values, goals, interests, actions, and results do you pursue in each domain? Are they compatible or in opposition? Imagine what your life would be like if your goals in all four circles, and how you achieved them, lined up perfectly, like the concentric rings of a tree trunk.
4. Finally, identify the important people in each domain of your life and the performance expectations you have of each other. Start a conversation about your ideas for action to create greater harmony between your expectations and theirs and to improve your performance in all parts of your life.

 <p>WORK or SCHOOL</p>	 <p>HOME or FAMILY</p>
Importance - Work _____%	Importance - Home _____%
Time spent - Work _____%	Time spent - Home _____%

<div>COMMUNITY (friends, neighbors, religious or social groups)</div>	<div>SELF (mind, body, spirit)</div>
Importance - Community _____%	Importance - Self _____%
Time spent - Community _____%	Time spent - Self _____%