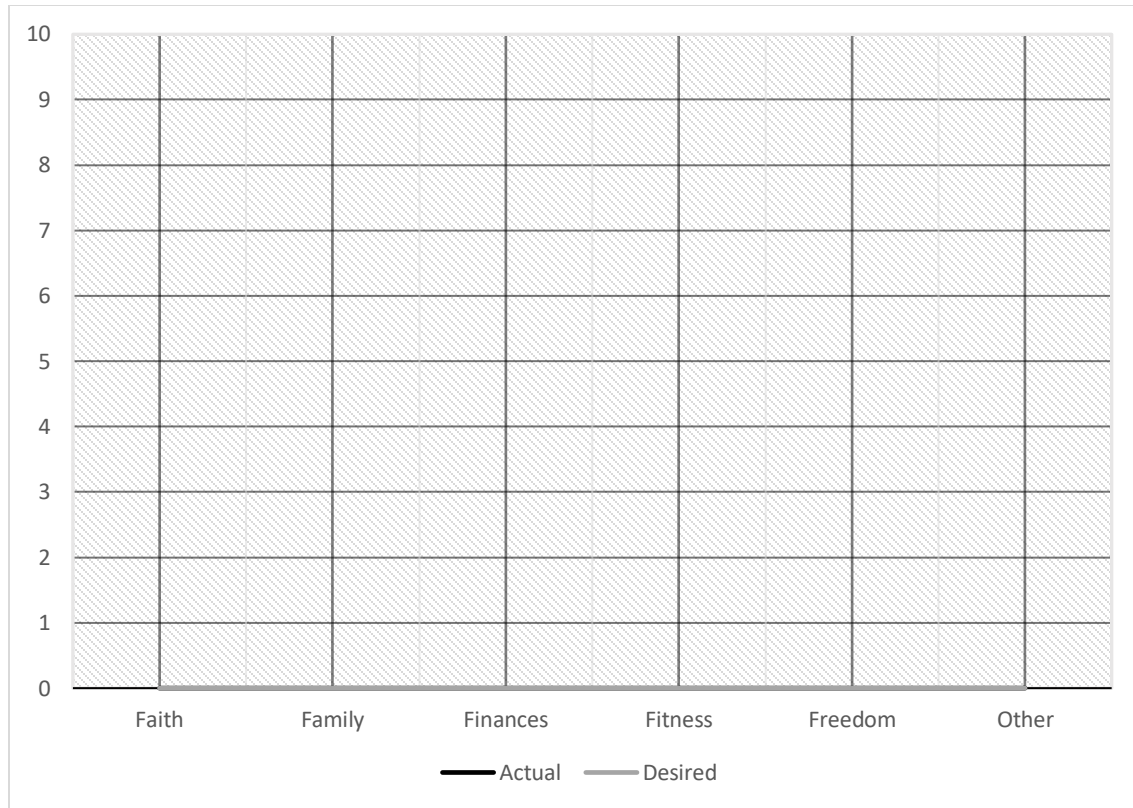


## Life-Time Allocation Exercise



First, assess how much time and attention you devote in each Biblical value dimension on a scale of 1 (ignore) to 10 (dominates) and plot them. You can use different color markers or solid or dash line styles of your choice. Next, it is time to consider your **DESIRED** or ideal level in each value dimension and plot them. You can use a gray marker or a color or line style of your choice.

Remember, a balanced life does not necessarily mean getting five on each dimension. Some areas need more attention and focus than others, depending on the season of your life. It is important to recognize that compromise is often required considering that your time and energy are not unlimited. Use the Other category to account for any time and attention to other dimensions of your life that are important to you, such as hobbies, video games, spectator sports, home remodel, etc.

Plot your results and analyze any gaps — areas that need your attention and actions to achieve better alignment. Remember that gaps can go both ways — there may be areas that are not getting as much attention as you would like and there are others where you are putting in more effort than you'd ideally like and these may be sapping your energy.

Once you have identified any gaps, it is time to plan actions to achieve better alignment. What will you start doing? Stop doing? Do differently? And, what resources do you need to do better?

Remember, the difference between the desired level and the actual level can be the motivation for change. We encourage you to review both your Life-Time Allocation chart and your action plan with an accountability partner. This is a great way to test your self-assessment and actions while seeking other options and resources.