

Action Plan Worksheet

Summary for Snapshot dated _____

Balance and Maintain

Scale Back

Life Area

Tally Number

List from high to low by tally number

Life Area	Tally Number
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Notes: _____

Quick Reference to Snapshot Categories:

Each category should be listed in one of the sections of the Action Plan worksheet.

- | | |
|----------------------------------|----------------------------|
| Time Management | Religion and spirituality |
| Information Management | Community |
| Self-Time | Main Hat |
| Money Management | Meal Planning |
| Attitude and Outlook | Relationship with children |
| Relationship w/significant other | Relationship with friends |
| Health | Self-Esteem |
| Energy | Household Maintenance |