

Lifestyle Balance Exercise

The following exercise can be used for any goals you want to achieve.

Think about what behaviors you would need to have to reach that goal. Make a list and categorize the list into **Areas of Importance (AOI)**.

Number the areas as 1, 2 or 3 with 1 being the “most important” goal to achieve and 3 being the “least important”.

AOI Chart

1	2	3
Study time	Make studying fun if possible	Movies
Being in class	Exercise	Video games
Asking questions	Shop	Recreation
Have a study group	Reward yourself for doing well	
Plenty of rest		
Eat right		
Behaviour		

Now that you have this list, you have to figure out how to accomplish those things that are of the highest priority. Get a calendar or use the one on page 56, breaking each day up into time periods that make sense for your schedule. Write your priorities into the time slots in order of highest to lowest, focusing on one week at a time.