|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Area | Commercial Ventures | | | Non-profit Ventures | | |
| <Comm 1> | <Comm 2> | <Comm 3> | <NP 1> | <NP 2> | <NP 3> |
| Hours/mo | <# hrs> | <# hrs> | <# hrs> | <# hrs> | <# hrs> | <# hrs> |
| My “why”  List the reasons this venture area is important to you |  |  |  |  |  |  |
| My next “what”  List the top 3 most important things you can do or create in the next 12 months. |  |  |  |  |  |  |
| The positives  List the ways in which this venture area contributed to your well-being in the last 12 months |  |  |  |  |  |  |
| The negatives  List the ways in which this venture area taxed your well-being in the last 12 months |  |  |  |  |  |  |
| The changes  Identify the significant adjustments you intend to make |  |  |  |  |  |  |