

BREATHING SPACE AND YOUR LIFE: TODAY & TOMORROW

| <i>At Work:</i> | Lately | Short Term Goal | Long Term |
|--------------------------------------|------------|-----------------|-----------|
| Breathing Space Minutes Taken Daily | Example, 0 | 5 | 10 |
| Breathing Space Lunches Per Week | 1 | 2 | 3 |
| Breathing Space Hours Per Week | 1 | 3 | 5 |
| Days per Week with No Homework | 2 | 4 | 5 |
| Full Weekends You Take off Per Month | 1 | 2 | 3 |

| <i>After Work:</i> | Lately | Short Term Goal | Long Term |
|---|--------|-----------------|-----------|
| Days per Month Using Alternate Route Home | 1 | 2 | 4 |
| Days/Mo. You Have Fun on Way Home | 0 | 3 | 6 |
| Days per Month Telecommuting from Home | 0 | 2 | 3 |

| <i>Vacation Time:</i> | Last 12 Months | Next 12 Months | 3 Years Hence |
|---|----------------|----------------|---------------|
| 3- to 4-Day Vacations You Take Annually | 2 | 3 | 6 |
| Week-long Vacations You Take Annually | 1 | 2 | 3 |

BREATHING SPACE AND YOUR LIFE: TODAY & TOMORROW

| <i>At Work:</i> | Lately | Short Term Goal | Long Term |
|--------------------------------------|---------------|-----------------|-----------|
| Breathing Space Minutes Taken Daily | Desired = ___ | | |
| Breathing Space Lunches Per Week | | | |
| Breathing Space Hours Per Week | | | |
| Days Per Week with No Homework | | | |
| Full Weekends You Take Off Per Month | | | |

| <i>After Work:</i> | Lately | Short Term Goal | Long Term |
|---|--------|-----------------|-----------|
| Days per Month Using Alternate Way Home | | | |
| Days/Mo. You Have Fun on Way Home | | | |
| Days per Month Telecommuting fr. Home | | | |

| <i>Vacation Time:</i> | Last 12 Months | Next 12 Months | 3 Years Hence |
|---|----------------|----------------|---------------|
| 3- to 4-Day Vacations You Take Annually | | | |
| Week-long Vacations You Take Annually | | | |