

Life-Balance Model

(The 4 Quarters of Life)

"A successful person is one who is fulfilled in Work, Play, and Love" -Sigmund Freud

1/4 = Love & Family Life



1/4 = Work Life

The Top 2 Quarters are where **Survival** Based Conflicts Occur Between Friends

------(The Line of S -----)-----

The Bottom 2 Quarters are where **Non-Survival** Based Conflicts Occur Between Friends



1/4 = Recreation Life (3 Categories)

1) Alone 2) With _____ 3) With _____

Two Types of Recreation: (A) I _____ Recreation,

(B) T_____ Recreation



1/4 = Self-Improvement & Recovery Life

(AA, NA, Counseling, Church, Exercise, School, etc.)

All 4 Areas of life are equally important. And, no Amount of **Doing more** in any one area of life, can make up for what is missing in another area of life