



Balance the Books With Leisure

As the tempo of our lives increases, leisure time may tend to lose out in favor of more “productive” activities. Some people thrive on a whirl of activity, but many of us tend to burn out without a balanced period of “downtime” for rest and relaxation. The key-word here is “balance.”

On the left-hand side of the ledger, write down your major responsibilities, such as work, family, church, community and household chores. On the right-hand side of the page, write down the activities you do now for relaxation and pleasure, not profit:

Leisure Ledger	
Responsibilities	Leisure

Only you can assess if the books are in balance, but this exercise can give you a chance to “audit” your life and decide if you need to make a deposit on the leisure side of the ledger.