

Lifestyle *Balance*

Lifestyle balance can be comprised of various demands from personal and work factors. Better life satisfaction can be achieved by achieving greater balance between the two. Balance depends in part upon your understanding of your resources.

FOUR TYPES OF RESOURCES:

1. *Personal Resources* provide the fuel necessary for an individual to engage in and accomplish life's activities.
2. *Financial Resources* provide the money to buy goods and services that either improve life satisfaction or create opportunities to free up time to do so.
3. *Temporal Resources* provide the time to do everything one needs or wants to do.
4. *Social Resources* are your social capital (interpersonal relationships) and provide you support in your work and life arenas.

What resources do you have supporting you?

<i>Personal</i>	<i>Financial</i>
<i>Temporal</i>	<i>Social</i>

