



Are You Happy?
Or too busy to think about it?

A well balanced life brings joy

Are you juggling these 5 areas?

In each of the areas,
make one very small
goal to work on

Write it down

Put this card in an
obvious place so
you can refer to it



Body

Eat, sleep and exercise well.

Soul

You're more than just a body... you're a soul. If you're too busy with work, gym, and emails you're heading off an emotional cliff! You need some quiet thinking time each day to reflect on your life as well as time to learn Torah... (That's real soul food)

Friends/Family

Spouses, parents, siblings, kids and friends each need your regular attention. Pick up the phone and call them... (texts don't give the same "warm stuff.")

Career

Your job or business needs attention.
Warning: you could spend 50+ hours per week working on your career...

Community

Help people beyond yourself. Jewish tradition teaches... "If I'm only for myself, what am I? Use your skills to bring kindness to a person or organization.

Sources: Talmud Pirkei Avos 1:12-15, 2:6, 2:17, 3:8, 4:12, 4:21 Rambam, Mishneh Torah: Hilchos Deos 1:3 1:4