

Personal Balanced Scorecard

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MY PEOPLE

Stable and Happy
Great Marriage, Loving Family, Strong Friendships

Be a great husband and father

Spend quality time with Ash
How: Hours of 1 on 1 time *What:* 4 *When:* Weekly *Score:*

Help with household chores
How: Hours doing chores *What:* 4 *When:* Weekly *Score:*

Dedicate time to family
How: Number of calls/visits *What:* 2 *When:* Monthly *Score:*

Plan family trips/vacations
How: Number of trips *What:* 1 *When:* Yearly *Score:*

MYSELF

Sound Mind and Body
Happy, Healthy, Engaged

Achieve and maintain health and wellness

Eat healthy foods
How: Number of meals w/ fruits or vegetables *What:* 2 *When:* Daily *Score:*

Exercise regularly
How: Number of days exercised *What:* 4 *When:* Weekly *Score:*

Preventative doctor visits
How: Number of checkups (eyes, teeth, physical) *What:* 3 *When:* Yearly *Score:*



MY WORK

Successful Professional
Talent Aligned with Passion, Purpose Before Profit

Become a successful entrepreneur focused on happiness

Research change, growth, and happiness
How: Hours of research *What:* 4 *When:* Weekly *Score:*

Refine, share, and test happiness framework
How: Hours of work *What:* 4 *When:* Weekly *Score:*

Use social media to publish research/work
How: Number of blog posts *What:* 1 *When:* Monthly *Score:*

MY MONEY

Financially Independent
High Net Worth, Low Debt

Buy a home in Sonoma County

Generate stable income
PRIVATE

Reduce personal debt
PRIVATE

Increase savings
PRIVATE