Habits of Mind: Juggling Life’s Commitments

In the above picture, the figure is having to juggle various commitments: school, work, health, family, and friends. What else can you add to the list (e.g. personal care, financial obligations, social responsibilities, etc)?

Usually, we struggle in some aspects of our lives more than others. Consider one aspect of your life which you may be neglecting in terms of time or attention.

Journal:

a) How do you know you are neglecting this one aspect of your life?

b) Are you bothered by this?

c) What is observable by you? By others? Be specific. Try to come up with concrete examples.

Try a one-week experiment where you put this one item higher on your priority list. Come up with a single goal you would like to accomplish in this area and a target date. What happened?

(adapted from Procrastination: Why You Do It, What to Do About it Now by Jane Burka and Lenora Yuen)