

LIFE LEADERSHIP: “The Distribution of Me”

Three truths are facts for all: There are only 24 hours in the day, and each of us has a life length, of which none know the exact hour. As children, life seems to stretch forward on a long journey. As adults, we recognize the uncertainty of the journey. Today’s world has exacerbated our sense of “no time.” We hear, “I don’t have time for that,” which of course means I choose not to focus my time there.

EXERCISE: Periodically, to see what we have decided is important in our lives, we need to stop and view what our calendars reveal about how we are handling “The Distribution of Me.” **Review the honeycomb of life and honestly apportion where you are putting your time. Then, complete where you would like to see adjustments made.**

Note: The things you think are missing from the honeycomb - travel, alone time, and sports for example – may fit into a category like: I’d like to travel, and that’s a hobby. Or I only travel with my family so that is family time. Or decide that a piece of the honeycomb is missing and add it in.

NOTES:

THE HONEYCOMB OF LIFE



TO AVOID A
CHAOTIC,
INDECIPHERABLE
LIFE, WISELY
APPORTION

Changes to the Honeycomb of My Life:

EXERCISE:

Where do you want to increase or decrease the “Distribution of You?”

_____ % + _____ % -	Work
_____ % + _____ % -	Health
_____ % + _____ % -	Spiritual
_____ % + _____ % -	Sleep
_____ % + _____ % -	Exercise
_____ % + _____ % -	Friends
_____ % + _____ % -	Global
_____ % + _____ % -	Education
_____ % + _____ % -	Family
_____ % + _____ % -	Community
_____ % + _____ % -	Hobbies

The above exercise is only a high level overview, dissecting your life and making a series of decisions that add up to an enriched life that feeds your leadership capacity, or distracts in meaningless ways, syphoning off possibility.

For example, education encompasses not just your formative education but life-long learning and professional development. It includes at least:

- Additional Degrees
- Graduate Education
- Post-Graduate Education
- Certifications
- Skills Development Courses
- Mentoring
- Coaching
- Subscriptions to Key Publications
- On-line Communities (Linked-In Groups, Google+, etc.)
- Networking
- Blog Subscriptions
- Social Media
- Local professional groups
- Associations

EXTENDED PRACTICE: The next action is to build detailed sub-lists, like the one above, for each of the eleven areas in the Honeycomb of Life and then determine how you are currently apportioning your time in each sub-category in that area. Where do you want to increase or decrease your time?