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Heart of Happiness Webinar

Psychological Budget Exercise

List the many factors you currently juggle in your Psychological Budget

Family	Emotions	Relationships	Health
Work	Finances	Spirituality	Well- Being
Friendships	Goals	Dreams	Future
Children	Social life	Education	Exercise
Interests	Hobbies	Quiet-time	Other

First, under the Value column, prioritize the factors in importance.

Then, under the Effort column, assign the effort level you actually give to the factor compared to the value you place on the factor.

Daily Factors	Value	Effort

Repeat the activity for Weekly factors you juggle:

Weekly Factors	Value	Effort

Repeat the activity for Monthly factors you juggle:

Monthly Factors	Value	Effort

