

THE
LIFE-BALANCE
JOURNAL
DAILY PAGES

This map belongs to:

Map your way to the life you want.



Read more at www.paulwcroswell.com/VIDAmap

What is **VIDA** map?

The Purpose of VIDA Map

VIDA MAP is designed to help you maximize your focus, maintain a healthy life balance, and build momentum towards your long term goals. We all have long term goals we would like to achieve, but often we struggle to make progress towards them. The chaos and clutter of daily routines might leave you feeling like you've lost all direction and sense of balance. VIDA Map excels at helping you clear the clutter and identify the priorities that are worth your time and energy. These are tasks that move you closer to your goals on a daily basis, helping you see the progress along the way. It's important to recognize that VIDA Map is **not** a planner. Planners are designed to give you a place to put the chaos. VIDA Map helps you surface what's really worth focusing on. A well balanced life means knowing what to say no to, so that you have the time, energy, and emotional stamina to succeed at the things worth saying yes to. VIDA Map will help you do this.

As you use VIDA Map, we hope that you will experience more balance in your personal and family life as well as achieve more success in your social and career roles!

- Paul and Alysha Croswell
The VIDA map Team

UNDERSTANDING ROLES

P PERSONAL

F FAMILY

S SOCIAL

C CAREER

Health in life begins and is guarded by maintaining a healthy balance across the four key areas of life. The areas include **personal**, **family**, **social**, and **career**. Most people only begin to care about a healthy balance in life only after losing balance or experiencing a crisis in one of these areas. Waiting until then can cause damage to us, our loved ones, and the momentum we were building towards our long term goals.

Personal Roles have to do with you. This is the first and the most foundational area of life that you are responsible for developing health in. Your physical, emotional, spiritual, and intellectual health and development make up this area.

Family Roles brings into focus your familial responsibilities. Whether that's as a spouse, as a child, as a parent or as a grandparent. It's the responsibilities that exists within our family relationships.

Social Roles are broader in scope. This area of life includes the relationships of close friends, our mentors, those we are mentoring, and similar relationships. It's a reminder to be intentional with those who influence us and those we influence.

Career Role are all things work related. Your tasks as an employee, responsibilities as CEO, and so on. Note that as a student this is where you would track your educational goals.

FOCUS FILTER

List the top 12 things you want to accomplish in life. (Keep in mind your goals for all four key areas of life.)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____

Of the 12 things listed, list the 6 most important. (Take your time in choosing.)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Of the 6 things listed above, list the 4 absolute must-do's.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Now cross out the other 8 and focus your time, energy, resources on your top four only. Focusing on too many things will only dilute your clarity, focus and momentum in reaching your goals.

MY ROUTINE

EVENING

Maximizing your mornings starts with decluttering your evening and establishing a routine that prepares you to seize the morning. Suggestions are listed below.

Select clothes for the morning

Nightly reading

Hygiene

Meditate/Pray

Plan For Tomorrow

No screen time before bed

Review The Day

Prepare Breakfast Items

Tidy Up

Journal

What time will you begin your evening routine? _____ PM

MORNING

A powerful morning routine can help you win the day before it even begins. A great routine prepares you physically, mentally, and emotionally to tackle the day. Suggestion are listed below.

Have Breakfast

Make The Bed

Meditate/Pray:

Cold Shower

Review Daily Goals

Hygiene

Exercise (Cardio)

Journal

Review Weekly Goals

Positive or Affirming Reading

LONG TERM GOALS

Use this section to write out the four long-term goals you will focus on achieving. Long-term goals usually take 2-5 years to accomplish.

P **Personal Roles** includes your spiritual growth, self-care, emotional health, intellectual development, etc.

Goal: _____

_____ Estimated Deadline _____

Who in my life would be directly impacted by me reaching this goal? (List the top 3 to 6 people)

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____

What's the biggest potential hurdle to this goal that I should keep in mind, and how can I overcome it?

What's at stake if I do not reach this goal?

F **Family Roles** includes your tasks and responsibilities as a parent, a child, a sibling, a relative, etc.

Goal: _____

_____ Estimated Deadline _____

Who in my life would be directly impacted by me reaching this goal? (List the top 3 to 6 people)

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____

What's the biggest potential hurdle to this goal that I should keep in mind, and how can I overcome it?

What's at stake if I do not reach this goal?

P PERSONAL

F FAMILY

S SOCIAL

C CAREER

S Social Roles includes those you influence and those who influence you. This may include friends, mentors, etc.

Goal:

_____ Estimated Deadline _____

Who in my life would be directly impacted by me reaching this goal? (List the top 3 to 6 people)

- | | |
|-----------------------------|-----------------------------|
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

What's the biggest potential hurdle to this goal that I should keep in mind, and how can I overcome it?

What's at stake if I do not reach this goal?

C Career Roles includes any title you hold concerning your career. (For example, manager, CEO, Pastor, etc.)

Goal:

_____ Estimated Deadline _____

Who in my life would be directly impacted by me reaching this goal? (List the top 3 to 6 people)

- | | |
|-----------------------------|-----------------------------|
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

What's the biggest potential hurdle to this goal that I should keep in mind, and how can I overcome it?

What's at stake if I do not reach this goal?

THIS YEAR



What major move can I make this year towards achieving my long term **Personal Goal**?

Major move:

Who is best suited to help me make this major move? List all who apply.

What is the greatest personal benefit of accomplishing this major move?



What major move can I make this year towards achieving my long term **Family Goal**?

Major move:

Who is best suited to help me make this major move? List all who apply.

What is the greatest personal benefit of accomplishing this major move?



What major move can I make this year towards achieving my long term **Social Goal**?

Major move:

Who is best suited to help me make this major move? List all who apply.

What is the greatest personal benefit of accomplishing this major move?



What major move can I make this year towards achieving my long term **Career Goal**?

Major move:

Who is best suited to help me make this major move? List all who apply.

What is the greatest personal benefit of accomplishing this major move?

THIS MONTH

What step can I take this month towards achieving this years **Personal Major Move?**

P

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

What step can I take this month towards achieving this years **Family Major Move?**

F

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

What step can I take this month towards achieving this years **Social Major Move?**

S

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

What step can I take this month towards achieving this years **Career Major Move?**

C

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____
<input type="radio"/>	_____	<input type="radio"/>	_____

MONTH & YEAR: _____

SUN

MON

TUE

WED

A 5x4 grid of squares. Each square in the grid contains a smaller gray square in its top-left corner. The grid is composed of 20 squares in total, arranged in 5 rows and 4 columns. The background is a light gray, and the grid lines are a darker gray. The small gray squares are positioned consistently in the top-left corner of each grid cell.

Recurring Tasks:
















This image shows a single sheet of white paper with horizontal blue ruling lines. Along the left edge, there are ten evenly spaced circular punch holes, suggesting it's designed for use in a binder or folder. The paper is otherwise blank, with no text or markings.

Rest and Personal Days:

[illegible]

MONTH IN VIEW

Use **this page** as a space to visually capture the major elements and events of your month in one place. This can be very powerful in helping you see more clearly where you want to go and what you can expect as you make your way to your goals. Don't get caught off-guard by things you may already know, write it all down.

THUR	FRI	SAT
		
		
		
		
		

Coming Next Month:

Notes:

MY MINI-HABITS

Small steps in the right direction over time leads to big changes.
Fill in a circle for each day you were successful and celebrate your small wins!

My one small step towards healthier eating this week:

S M T W Th F Sa

Mini-Habit:

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Mini-Habit:

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The person (or people) I will share these decisions with:

MY PROJECTS

Project: _____

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Project: _____



Project: _____

[illegible]

Project: _____

[illegible]

Today I am grateful for...

Today I am grateful for...

DATE _____

Priority People

6:00

7:00

8:00

9:00

10:00

11:00

12:00 PM

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Appointments & To Do's

Time

Duration

My biggest setback today:

I can improve tomorrow by:

TODAY'S
P3

Today I am grateful for...

DATE

Day Schedule

List todays Top 3 Priorities based on your Monthly Plan

Priority People

5:00 AM

6:00

7:00

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12:00 PM

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I can improve tomorrow by:

WEEKLY REVIEW

What was my biggest win this week? (This is something to repeat)

What was my biggest setback or distraction this week? (This is something to avoid repeating)

What can I do to improve next week? (This is something to plan for)

TAKE A MOMENT TO CHECK YOUR BALANCE

Total P's:_____ **Total F's:_____** **Total S's:_____** **Total C's:_____**

Aim to make your balance proportionate to your current season of life and keep watch for potential deficiencies.

What were the major contributors to my balance result this week?

NOTES

MY MINI-HABITS

Small steps in the right direction over time leads to big changes.
Fill in a circle for each day you were successful and celebrate your small wins!

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Mini-Habit:

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[illegible]

Project: _____



Project: _____

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Project: _____

[illegible]

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P3

Today I am grateful for...

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Day Schedule

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What was my biggest setback or distraction this week? (This is something to avoid repeating)

What can I do to improve next week? (This is something to plan for)

TAKE A MOMENT TO CHECK YOUR BALANCE

Total P's:_____ **Total F's:**_____ **Total S's:**_____ **Total C's:**_____

Aim to make your balance proportionate to your current season of life and keep watch for potential deficiencies.

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[illegible]

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THIS MONTH

What step can I take this month towards achieving this years **Personal Goal?** (P)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What step can I take this month towards achieving this years **Family Goal?** (F)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What step can I take this month towards achieving this years **Social Goal?** (S)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What step can I take this month towards achieving this years **Career Goal?** (C)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MY ROUTINE

EVENING

Maximizing your mornings starts with decluttering your evening and establishing a routine that prepares you to seize the morning. Suggestions are listed below.

Select clothes for the morning

Nightly reading

Hygiene

Meditate/Pray

Plan For Tomorrow

No screen time before bed

Review The Day

Prepare Breakfast Items

Tidy Up

Journal

What time will you begin your evening routine? _____ PM

MORNING

A powerful morning routine can help you win the day before it even begins. A great routine prepares you physically, mentally, and emotionally to tackle the day. Suggestion are listed below.

Have Breakfast

Make The Bed

Meditate/Pray:

Cold Shower

Review Daily Goals

Hygiene

Exercise (Cardio)

Journal

Review Weekly Goals

Positive or Affirming Reading

MONTH & YEAR: _____

SUN

MON

TUE

WED



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Recurring Tasks:
















This image shows a single sheet of white paper with horizontal blue ruling lines. Along the left edge, there are ten evenly spaced circular punch holes, suggesting it's designed for use in a binder or folder. The paper is otherwise blank, with no text or markings.

Rest and Personal Days:

[illegible]

MONTH IN VIEW

Use **this page** as a space to visually capture the major elements and events of your month in one place. This can be very powerful in helping you see more clearly where you want to go and what you can expect as you make your way to your goals. Don't get caught off-guard by things you may already know, write it all down.

THUR	FRI	SAT
		
		
		
		
		

Coming Next Month:

Notes:

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Project: _____

[illegible]

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TODAY'S
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Today I am grateful for...

DATE

Day Schedule

5:00 AM

6:00

7:00

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List today's Top 3 Priorities based on your Monthly Plan

Priority People

Duration:

Duration:

Duration:

Appointments & To Do's

Time

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My biggest setback today:

I can improve tomorrow by:

WEEKLY REVIEW

What was my biggest win this week? (This is something to repeat)

What was my biggest setback or distraction this week? (This is something to avoid repeating)

What can I do to improve next week? (This is something to plan for)

TAKE A MOMENT TO CHECK YOUR BALANCE

Total P's:_____ **Total F's:**_____ **Total S's:**_____ **Total C's:**_____

Aim to make your balance proportionate to your current season of life and keep watch for potential deficiencies.

What were the major contributors to my balance result this week?

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Fill in a circle for each day you were successful and celebrate your small wins!

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Project: _____

[illegible]

Project: _____

[illegible]

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THIS MONTH

What step can I take this month towards achieving this years **Personal Goal?** (P)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What step can I take this month towards achieving this years **Family Goal?** (F)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What step can I take this month towards achieving this years **Social Goal?** (S)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What step can I take this month towards achieving this years **Career Goal?** (C)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MY ROUTINE

EVENING

Maximizing your mornings starts with decluttering your evening and establishing a routine that prepares you to seize the morning. Suggestions are listed below.

Select clothes for the morning

Nightly reading

Hygiene

Meditate/Pray

Plan For Tomorrow

No screen time before bed

Review The Day

Prepare Breakfast Items

Tidy Up

Journal

What time will you begin your evening routine? _____ PM

MORNING

A powerful morning routine can help you win the day before it even begins. A great routine prepares you physically, mentally, and emotionally to tackle the day. Suggestion are listed below.

Have Breakfast

Make The Bed

Meditate/Pray:

Cold Shower

Review Daily Goals

Hygiene

Exercise (Cardio)

Journal

Review Weekly Goals

Positive or Affirming Reading

MONTH & YEAR: _____

SUN

MON

TUE

WED

A 5x4 grid of squares. Each square in the grid contains a smaller, solid dark gray square in its top-left corner. The grid is composed of 20 squares in total, arranged in 5 rows and 4 columns. The background is a light gray, and the grid lines are dark gray.

Recurring Tasks:
















This image shows a single sheet of white paper with horizontal blue ruling lines. Along the left edge, there are ten evenly spaced circular punch holes, suggesting it's designed for use in a binder or folder. The paper is otherwise blank, with no text or markings.

Rest and Personal Days:

[illegible]

MONTH IN VIEW

Use **this page** as a space to visually capture the major elements and events of your month in one place. This can be very powerful in helping you see more clearly where you want to go and what you can expect as you make your way to your goals. Don't get caught off-guard by things you may already know, write it all down.

THUR	FRI	SAT
		
		
		
		
		

Coming Next Month:

Notes:

MY MINI-HABITS

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Fill in a circle for each day you were successful and celebrate your small wins!

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This image shows a blank sheet of white paper with horizontal blue lines. On the left side, there is a vertical column of twelve black-outlined circles. Each circle is positioned at the start of a horizontal line, creating a margin-like structure. The circles are evenly spaced vertically.

Today I am grateful for...

DATE _____

Priority People

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11:00

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Time

Duration

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TODAY'S
P3

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The image shows three identical, empty timeline templates stacked vertically. Each template consists of a horizontal line with a vertical line intersecting it at the center. On the vertical line, there are three circular markers, one above, one at, and one below the intersection point. To the left of the horizontal line, the word "Duration:" is written, followed by a blank space for text. The entire image is set against a light gray background.

[illegible]

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DATE

Day Schedule

5:00 AM

6:00

7:00

8:00

9:00

10:00

11:00

12:00 PM

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00

List today's Top 3 Priorities based on your Monthly Plan

Priority People

Duration:

Duration:

Duration:

Appointments & To Do's

Time

Duration

My biggest setback today:

I can improve tomorrow by:

WEEKLY REVIEW

What was my biggest win this week? (This is something to repeat)

What was my biggest setback or distraction this week? (This is something to avoid repeating)

What can I do to improve next week? (This is something to plan for)

TAKE A MOMENT TO CHECK YOUR BALANCE

Total P's:____ **Total F's:**____ **Total S's:**____ **Total C's:**____

Aim to make your balance proportionate to your current season of life and keep watch for potential deficiencies.

What were the major contributors to my balance result this week?

NOTES

MY MINI-HABITS

Small steps in the right direction over time leads to big changes.
Fill in a circle for each day you were successful and celebrate your small wins!

My one small step towards healthier eating this week:

S M T W Th F Sa

Mini-Habit:

S M T W Th F Sa

Mini-Habit:

S M T W Th F Sa

Mini-Habit:

S M T W Th F Sa

Mini-Habit:

S M T W Th F Sa

Mini-Habit:

S M T W Th F Sa


The person (or people) I will share these decisions with:

MY PROJECTS

Project: _____

This image shows a blank sheet of white paper with horizontal blue lines. On the left side, there is a vertical column of 15 black-outlined circles, each centered between two horizontal lines. The circles are evenly spaced and extend from the top to the bottom of the page.

Project: _____



Project: _____

[illegible]

Project: _____

[illegible]

Today I am grateful for...

DATE _____

Priority People

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NOTES

THIS MONTH

What step can I take this month towards achieving this years **Personal Goal?** (P)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What step can I take this month towards achieving this years **Family Goal?** (F)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What step can I take this month towards achieving this years **Social Goal?** (S)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What step can I take this month towards achieving this years **Career Goal?** (C)

Key step:

What 3 to 6 actions will it take to accomplish this key step? These actions will be key priorities for this month.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MY ROUTINE

EVENING

Maximizing your mornings starts with decluttering your evening and establishing a routine that prepares you to seize the morning. Suggestions are listed below.

Select clothes for the morning

Nightly reading

Hygiene

Meditate/Pray

Plan For Tomorrow

No screen time before bed

Review The Day

Prepare Breakfast Items

Tidy Up

Journal

What time will you begin your evening routine? _____ PM

MORNING

A powerful morning routine can help you win the day before it even begins. A great routine prepares you physically, mentally, and emotionally to tackle the day. Suggestion are listed below.

Have Breakfast

Make The Bed

Meditate/Pray:

Cold Shower

Review Daily Goals

Hygiene

Exercise (Cardio)

Journal

Review Weekly Goals

Positive or Affirming Reading

MONTH & YEAR: _____

SUN

MON

TUE

WED



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Recurring Tasks:
















This image shows a single sheet of white paper with horizontal blue ruling lines. Along the left edge, there are ten evenly spaced circular punch holes, suggesting it's designed for use in a binder or folder. The paper is otherwise blank, with no text or markings.

Rest and Personal Days:

[illegible]

MONTH IN VIEW

Use **this page** as a space to visually capture the major elements and events of your month in one place. This can be very powerful in helping you see more clearly where you want to go and what you can expect as you make your way to your goals. Don't get caught off-guard by things you may already know, write it all down.

THUR	FRI	SAT
		
		
		
		
		

Coming Next Month:

Notes:

NOTES

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The lines are thin and consistent in color, set against a plain white background. There are no margins, text, or other markings present on the page.

NOTES

[illegible]

NOTES

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue lines spaced evenly across the page, typical of standard notebook paper. The lines are thin and light blue, set against a plain white background. There are no margins, text, or other markings on the page.

NOTES

[illegible]

