

The 5 C's

Apply the 5 C's to your spheres of life.

Life is comprised of three major spheres: love, work, and play. Love includes our family, friends and community. Philanthropy means love of humankind. Work is about taking on tasks that are important and hard. Lastly, play is about recreation, doing what we enjoy with people whose company we enjoy. The root word of recreation is to “recreate.”

People who are dedicated to one sphere of life at the expense of others are likely to be unhappy at the end of their life. However, it isn't possible to strike a perfect balance in these three spheres of life at any one time. What is possible, over a sufficient amount of time, is to strike a reasonable balance among love, work and play.

Apply the 5 C's to each of the three spheres. Use sticky notes to answer each question:

- **Company:** Who are the people who bring out your best self?
- **Challenges:** What challenges give you a clear sense of purpose?
- **Competencies:** What do you do well?
- **Character:** Who are you when you are at your best?
- **Conditioning:** How do you remain physically well and fit?

Next, consider your life as it is today and compare it to how you would like it to be. Use three sticky notes to list the activities that take the most, modest, and the least amounts of your time. Consider ways to move closer to your ideal. If you want to spend more time with the people who bring out the best in you, put them into your calendar. Have family over for Sunday evening, or invite friends out to dinner once a month.

You can choose who you want to be going forward. Once you are clear about where to reallocate your time, you can make focused efforts and create new habits.

