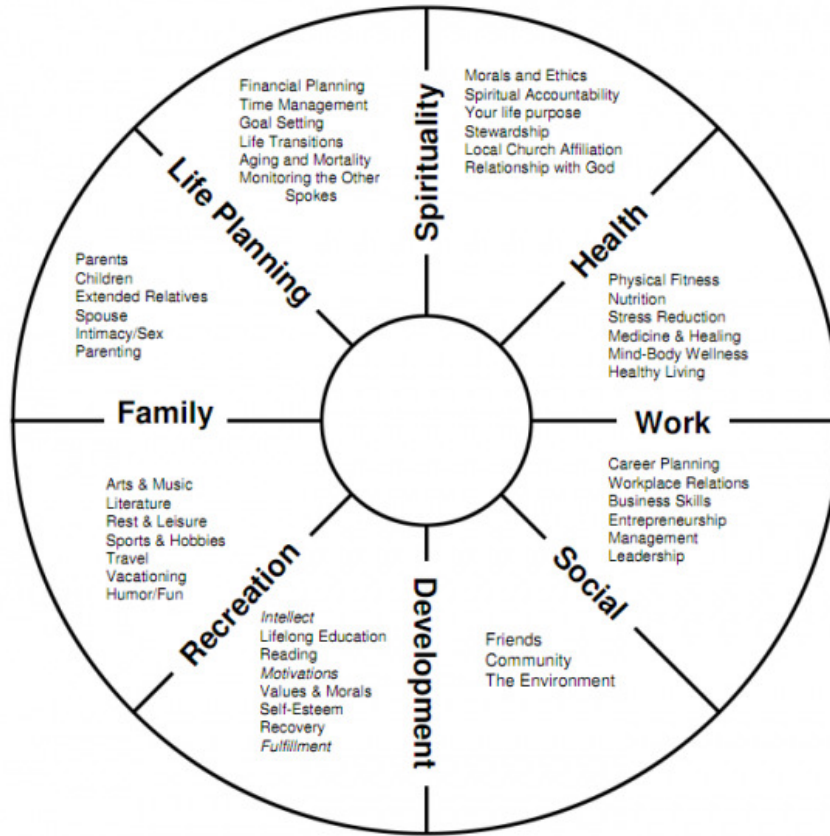
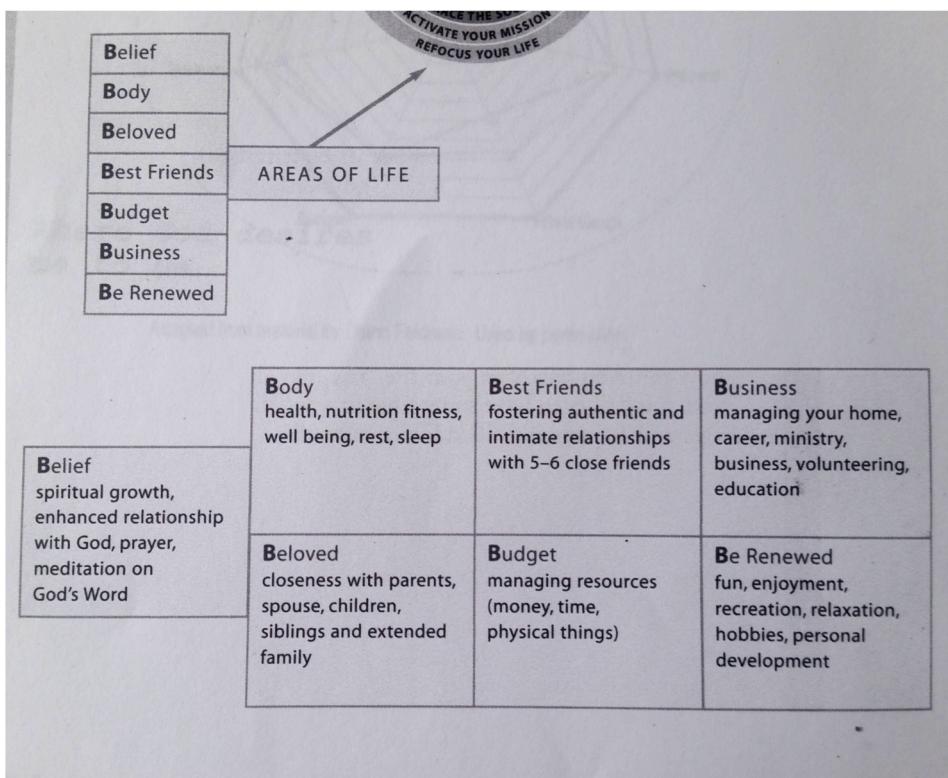


What are we trying to balance?



1. Where are we?
2. Where do we want to be?
3. What will help us get there?



Bob Prouty's Life Accounts

1. God
2. Chris
3. Ruth and Ryan (children)
4. Extended Family
5. Health
6. Career
7. Neighbours/Friends
8. Finances
9. Hobbies

5. Health

Purpose Statement

My purpose is to be a steward of the body and the time God has given me so that I can maximize my involvement with the people and projects God has asked me to bless.

Envisioned Future

I am aware of my moods and I am regularly implementing strategies to move me out of depression in a timely manner.
When I am hungry I am eating nutritious food. Because of this self control my weight is below 100 kilos.

Inspiring Quote

I believe that the greatest gift you can give your family and the world is a healthy you.

Joyce Meyer

Current Reality

I weigh 110 kilos

Specific Commitments

I will not eat while watching TV more than once a week;

I will plan my lunch so that I do not overeat