



Reach your potential

PERSONAL DASHBOARD

THE NEED FOR A PERSONAL DASHBOARD:

The **Personal Dashboard** is a tool that I have used for years to manage and monitor my life. I was introduced to the concept by Wayne Cordeiro, in his book, ***Leading on Empty***. In the book, he shares his own struggles with self-care and life balance, how he worked through it, and developed systems in his life to prevent unhealthy lifestyle patterns that led to his burnout. He elaborates on personal life lessons and tools that he has used to maintain balance in life, and to stay healthy in all compartments of his life.

The concept is quite simple. In the cockpit of a plane, the dashboard is filled with instruments, lights and switches. These items both control and monitor the various systems of the airplane. The pilot cannot see all of the systems. A pilot cannot physically see the oil level, fuel level, if the carburetor is icing or if the engine is overheating. Instead, there are meters and dials on the dashboard that are connected to the critical components and systems of the plane so that the hidden parts can be monitored. If something goes wrong, an alarm will sound or a warning indicator light will go off so that the pilot can address it. Our lives are composed of many systems and components. There are some things that we do not see, but others do. All of us lack some degree of personal awareness. This tool helps us to stay aware, so that we can address issues before it is too late. We need intentional tools to help us monitor the various systems of our lives.

In using the **Personal Dashboard Tool**, you must first identify the different areas of your life that need to be monitored. On a monthly or quarterly basis, you will assess these areas by giving yourself a grade.

You will be brutally honest in describing your condition in each area (positive and/or negative). Finally, you will write a statement that will address how you intend to improve. You can assess weekly if you need to. It is also a tool that you can get feedback from your spouse or an accountability partner. In building your dashboard, you can identify as many areas as you need in order to adequately monitor your life.

MY PERSONAL DASHBOARD

My Faith Life

Grade: Give yourself A – F

Description of Current Condition:

One Improvement Goal:

My Marriage Life

Grade:

Description of Current Condition:

One Improvement Goal:

My Family Life

Grade:

Description of Current condition:

One Improvement Goal:

My Physical Life

Grade:

Description of Current Condition:

One Improvement Goal:

My Financial Life

Grade:

Description of Current Condition:

One Improvement Goal:

My Social Life

Grade:

Description of Current Condition

One Improvement Goal:

My Emotional Life

Grade:

Description of Current Condition:

One Improvement Goal:

My Mental/Intellectual Growth Life

Grade:

Description of Current Condition:

One Improvement Goal:

My Recreational/Fun Life

Grade:

Description of Current Condition:

One Improvement Goal: