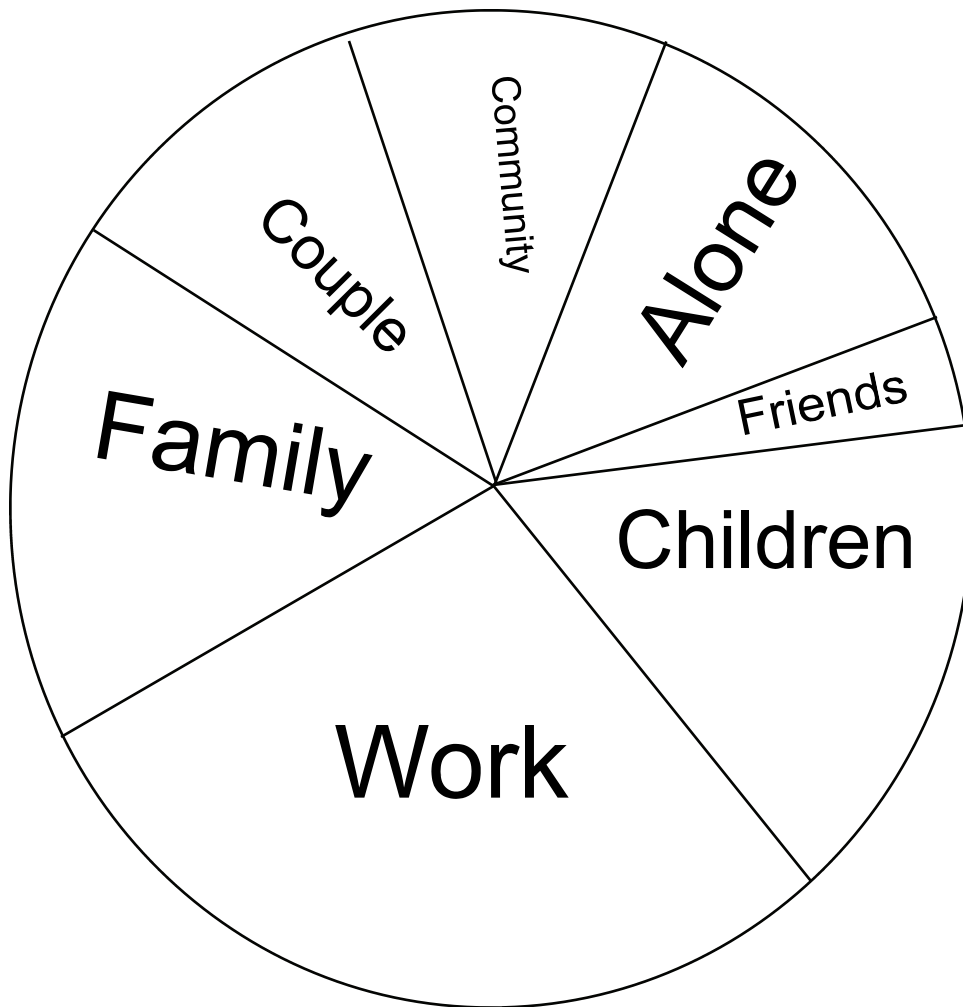


COUPLE'S Pie



Most people feel that they do not have enough time to do all the things they want to do. There is the need to work so that we will be able to support our family financially. Then there is the need to care for our children. If we allow these two needs to dominate our lives, then we ignore two other crucial needs: The need to be alone with your significant other and the need to be alone with ourselves.

In this exercise, you will first design an **“actual pie”** (the way you live your life now) and then an **“ideal pie”** (the way you would like to live your life).

It is essential to complete this exercise with the attitude that you and your significant other can get more of what you want. Also, consider more than the dimension time: also ask, how much *energy* do I want to put into these different pieces of the pie.