

ASSESSING YOUR CURRENT LIFE BALANCE

The following questionnaire will give you an indication of what areas of life you need work on to achieve Life Balance.

To begin with, consider to what extent you commit your time/ energy to the following aspects of your life. Give each life aspect a score out of 10 to indicate your present commitment, where 0 is minimal commitment, 5 average commitment, and 10 maximal commitment.

The Life Aspects to consider are:

1. Self Development: Investigation of personal principles and ethics, development of emotional intelligence skills, introspection, journaling and meditation, and any other activity dedicated to increasing self-awareness.
2. Health: Exercise, diet, relaxation, environmental regulation and sleep health.
3. Self Expression: Music, art, sculpture, written expression, and other acts of creation, fulfilling your dreams...
4. Work
5. Finances: The act of wealth accumulation for both security and abundance
6. Pleasures: What do you do to purely indulge yourself? Go to a restaurant or a movie? Purchase an expensive car or a boat? Out for a party or up for a holiday?
7. Partner: Do you commit quality time to an intimate partner?
8. Family: Parents, children, siblings
9. Friends: What time do you spend with your friends?
10. Social, Charitable, Political, Religious: Or other community organizations...?

	Time/ Energy Score (Out of 10)		Time/ Energy Score (Out of 10)
Self Development		Pleasures	
Health		Partner	
Self Expression		Family	
Work		Friends	
Finances		Social, Charity, Political, Religious	

Next, take a long hard look at your life and how you want to live it.

What are the most important factors in your life?

(Think hard about this. What is more important to you, your family and partner or work, increasing your wealth or time to enjoy life, doing business or becoming a better person through Self Development?)

What, for you, will give you quality in life, realising there is often a sacrifice we make in one aspect of life when we pursue another intently)

Where do you wish to expend your time and energy?

What balances ,or, on the other hand, focuses do you want to find in your life?

Mostly important for self-growth, where do you want to change?

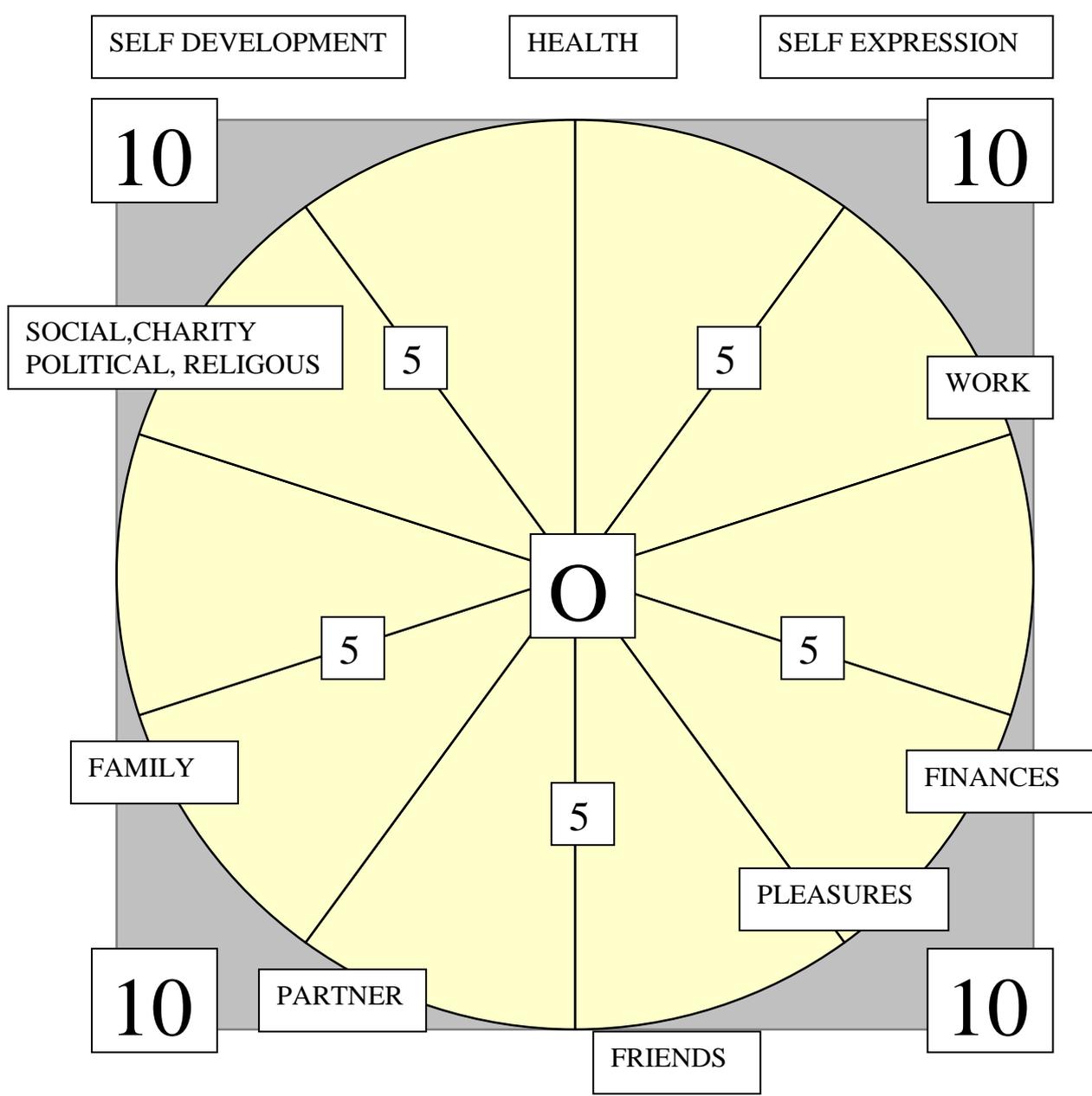
Begin by filling out the following table for your desired lifestyle, estimating how you would feel most balanced in living your life.

A tip: do not assume all scores need to be the same. We all prioritise different aspects of life naturally. The key is to establish what you genuinely value, not achieve a rigid equality between life aspects.

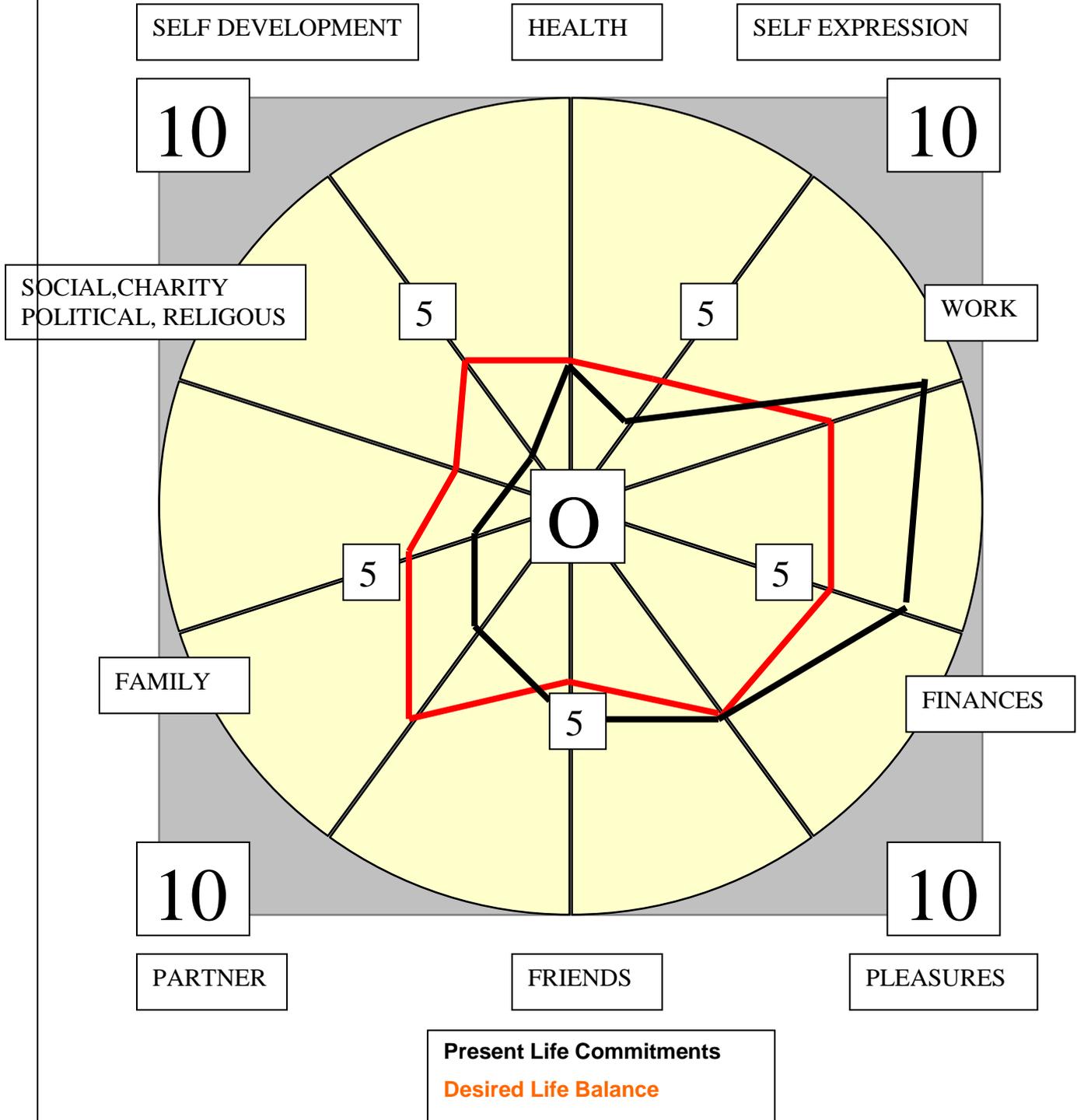
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Identifying your Life Imbalances

On the following table transfer your scores from the two previous exercises using a different coloured pen for your present commitment to each aspect of your life and what you perceive should be your commitment to Life Balance.



EXAMPLE



DEBRIEF:

How does your desired commitment to life compare to your current use of time and energy?

Look at the two different sets of lines you have drawn.

What does it say about your current Life Balance?

Your first move towards Life Balance should begin by realigning the commitment of time and energy you make on a day-to-day basis to what you ultimately desire, by noting where a shift in life emphasis is indicated.

Yet one question remains.

Are you aware enough of the individual importance of each of life's different aspects such that your recent evaluation of Life Balance truly reflects what you ultimately desire of life?

Now there's a challenging question.

Here's another.

Are you sure you know what will make you happy?

Put in another way, are you intimately and comprehensively self aware? Have you thoroughly investigated your past, your present and what you desire of the future to confidently announce that this is, without doubt (but just as importantly, without ignorance or self deception) is the balanced life you wish to successfully lead?

And so to the journey of discovering this truth! Good Luck!