

## **Life Balance**

For each of the topics below, indicate your level of contentment or happiness as expressed in your life today. Is there: *None, Not enough, Just right, Too much?* It may help to write down the ways you experience this topic in the extra space provided. What activities or people are present here? Life can be challenging when we are out of balance for extended time periods. Feel free to revise the topic areas (add/drop/change/combine) as needed!

| <b>Area in my life</b>                         | <b>None</b> | <b>Not Enough</b> | <b>Just Right</b> | <b>Too Much!</b> |
|--|-------------|-------------------|-------------------|------------------|
| <b>Creativity</b>                              |             |                   |                   |                  |
| <b>Time in Nature</b>                          |             |                   |                   |                  |
| <b>Service/Caregiving</b>                      |             |                   |                   |                  |
| <b>Relationships-Primary/Family/Other</b>      |             |                   |                   |                  |
| <b>Intimacy/Connection</b>                     |             |                   |                   |                  |
| <b>Physical Environment/Household</b>          |             |                   |                   |                  |
| <b>Spirituality/Personal growth/Alone time</b> |             |                   |                   |                  |
| <b>Health/Exercise/Sleep</b>                   |             |                   |                   |                  |
| <b>Fun/Recreation/Social Life</b>              |             |                   |                   |                  |
| <b>Money/Career/Education</b>                  |             |                   |                   |                  |
|  |             |                   |                   |                  |

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