

PUSH: LIFE BALANCE WORKSHEET

The key to happiness in life is creating balance. Balancing the important areas of your life will enable you to feel a sense of satisfaction and inner peace... and this comes as a result of setting the right goals. When you create your list of 10 crazy cool goals for the year, taking the 10 important areas of life into consideration will help you establish goals that create balance. Evaluate your level of satisfaction with each of the following areas to identify where you need to focus. **Rate your level of satisfaction – on a scale of 1 to 10 – for the following areas. 1 being extremely dissatisfied and 10 being extremely satisfied.**

___ **1. Environment:** Where you physically spend the majority of your day: home, living space, people you live with, car, room, office, closet, work environment, etc.

___ **2. Fun/Leisure:** What you do for fun: hobbies, leisure, vacation, fun non-work related pursuits, activities to recharge, etc.

___ **3. Personal Growth:** Your efforts to be a better you: personal development, seminars, reading for self improvement, improving interpersonal skills/habits, education, reflection, etc.

___ **4. Spirituality/Faith:** Your belief in a higher power that is greater than the physical world: devotion to religion/faith, prayer, meditation, the practice of being “present,” living in the moment, etc.

___ **5. Purpose/Career:** Following your passion/what you believe you've been called to do: your profession, volunteer work, devotion to family/charity/career, talents, etc.

___ **6. Financial:** Your personal definition of financial security: savings, lack of debt, investments, understanding of financial situation, ability to afford the things you want on your terms, financial independence, retirement, financial future, etc.

___ **7. Friends & Family Relationships:** Your relationships, level of mutual support/respect, and personal/emotional connections with: immediate family, children, siblings, parents, close extended family members, and your small circle of close friends, etc.

___ **8. Romantic Relationship(s):** Your emotional and physical connection with your significant other, romantic partner, dating relationships, and/or spouse: mutual support, respect, appreciation, friendship, shared interests/hobbies/pursuits, time spent together, and physical/intimate connection, etc.

___ **9. Fitness/Health:** Overall “wellness”: physical health, regular diet, stress management, sleep, exercise, nutrition, flexibility, strength, cholesterol level, satisfaction with weight, healthy weight/body fat, physical endurance, energy, etc.

___ **10. Emotional Health:** Mental wellness: how you feel about yourself, beliefs about self worth, ability to feel/express emotions, mental wellness/overall happiness, feeling whole, satisfied, at peace, etc.

As you create your list of 10 goals for the year, consider including goals that address the areas you rated 6 or below. What goal can you add that will increase satisfaction in those areas? What can you do more or less of to improve those areas? Focusing on the lower areas can help you create goals that bring more balance to your life and a greater sense of happiness as you reach your goals. Now, write it down on paper!