

## Finding Life Balance

### Areas That Need INTENTION/ATTENTION in Life

*In the spaces below, write down your strengths in each area.*

#### Job/Career

Strengths

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

How can I improve this area?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

#### Health

Strengths

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

How can I improve this area?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

#### Personal/Spiritual Growth

Strengths

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

How can I improve this area?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

#### Fun/Recreation

Strengths

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

How can I improve this area?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

#### Creativity

Strengths

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

How can I improve this area?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

#### Physical Environment

Strengths

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

How can I improve this area?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

**Relationships: Support/romance/family**

Strengths

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

How can I improve this area?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

**Finances**

Strengths

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

How can I improve this area?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_



**REFLECTION**

What keeps my life grounded and balanced?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

What areas do you give too much weight that is keeping your life off-balance?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

What areas need more upkeep and attention in your life?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

What statements do you say to yourself that create discouragement?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

Anchor Statements: What affirming statements can anchor you?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

What motivates and inspires you to move forward in achieving balance and grounding?

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

Small  Steps

Now take each area and look at what small steps you can take in each area to achieve more balance and grounding. It takes time to develop balance in your life so be patient and set achievable goals. A small step every day and intention in finding life balance will have rewards. Consider what your small steps will be.

**Job/Career**

Daily small step \_\_\_\_\_

**Personal/Spiritual growth**

Daily small step \_\_\_\_\_

**Creativity**

Daily small step \_\_\_\_\_

**Health**

Daily small step \_\_\_\_\_

**Fun/Recreation**

Daily small step \_\_\_\_\_

**Physical Environment**

Daily small step \_\_\_\_\_

**Relationships: support/romance/family**

Daily small step \_\_\_\_\_

**Finances**

Daily small step \_\_\_\_\_

I will ask \_\_\_\_\_ to be my cheerleader in this process.

## Journaling Activity

In your journal, begin **writing** about what small steps you are taking each day to achieve balance. Dream about your life vision and move toward it with intention and truth. Give yourself grace and be grateful for the small things. You will get exactly where you decide you want to go!

