

BALANCED LIFE TEMPLATE



Life has different seasons but on the whole it is important to be well in each of these areas. Balance doesn't necessarily mean equilibrium as life is more fluid than that.

In each area below, ask yourself: *What's working? What isn't working? What needs to change? What's missing?* From this knowledge set achievable goals.

Why do you need to write them down? *Writing down your goals makes you much more likely to achieve them.*

Make your goals *measurable* so you can review them – when can they be achieved and how will you know they have been achieved? Think about quick wins as these are often needed, then set short, medium and long term goals.

Physical

(i.e. health, physical environment, sleep, down time, weight loss, exercise, stopping addictions)

Mental

(i.e. learning, creativity, use of brain, growing and developing, mental health, expanding comfort zones, digital use, reflection)

Emotional

(i.e. building relationships – quality/ quantity of time, aware of emotions and able to express them safely, being in control of your time, putting in boundaries)

Economical

(balance here has to be right to make sure you are well in other areas. What income do you actually need?)

Spiritual

(i.e. relationship with God, important soul connections)