

Balancing Life Worksheet

1. My whole life is my relationship / my work (emotional dependency)

<p>RELATIONSHIP / WORK</p>

2. My whole life without my relationship / my work (emotional dependency)

<p>LONELINESS / EMPTINESS</p>

3. My Balanced Whole Life (emotional autonomy)

LEISURE / HOBBY	WORK / SCHOOL	EXERCISE / HEALTHY EATING / SLEEP
ALONE TIME	PERSONAL GROWTH	CONTRIBUTION
FAMILY	RELATIONSHIP	FRIENDS

[The entire area of my life is filled and expanded in *balanced* segments!]

4. My Current Life Map – Fill each box as currently reflected in your life.

LEISURE / HOBBY	WORK / SCHOOL	EXERCISE HEALTHY EATING / SLEEP
ALONE TIME	PERSONAL GROWTH	CONTRIBUTION
FAMILY	RELATIONSHIP	FRIENDS

Adapted from *Feel the Fear and Do It Anyway* by Susan Jeffers (1997), p. 138-139