

# CHECKING THE BALANCE

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For each of the following areas of your life

- 1 HOW MUCH ENERGY do you put into this particular area? Circle the appropriate number (1 is lowest, 5 is highest).
- 2 HOW MUCH FUN / SATISFACTION do you get back? Gold star – great! Red dot – danger sign – it's not enough!
- 3 WHAT NEEDS TO CHANGE?

## HOME

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House and garden

- |                                |   |   |   |   |   |
|--------------------------------|---|---|---|---|---|
| 1. HOW MUCH ENERGY?            | 1 | 2 | 3 | 4 | 5 |
| 2. LEVEL OF FUN / SATISFACTION |   |   |   |   |   |
| 3. WHAT NEEDS TO CHANGE?.....  |   |   |   |   |   |
| .....                          |   |   |   |   |   |

## WORK

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Job, organisation, colleagues

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|--------------------------------|---|---|---|---|---|
| 1. HOW MUCH ENERGY?            | 1 | 2 | 3 | 4 | 5 |
| 2. LEVEL OF FUN / SATISFACTION |   |   |   |   |   |
| 3. WHAT NEEDS TO CHANGE?.....  |   |   |   |   |   |
| .....                          |   |   |   |   |   |

## SOCIAL

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Going out, entertainment, cultural activities

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|--------------------------------------|---|---|---|---|---|
| 1. HOW MUCH ENERGY?                  | 1 | 2 | 3 | 4 | 5 |
| 2. LEVEL OF FUN / SATISFACTION ..... |   |   |   |   |   |
| 3. WHAT NEEDS TO CHANGE?.....        |   |   |   |   |   |
| .....                                |   |   |   |   |   |

## HEALTH AND FITNESS

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Exercise, healthy eating, coping with stress

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|--------------------------------|---|---|---|---|---|
| 1. HOW MUCH ENERGY?            | 1 | 2 | 3 | 4 | 5 |
| 2. LEVEL OF FUN / SATISFACTION |   |   |   |   |   |
| 3. WHAT NEEDS TO CHANGE? ..... |   |   |   |   |   |
| .....                          |   |   |   |   |   |

## IMMEDIATE FAMILY

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Partner and children

1. HOW MUCH ENERGY?                    1        2        3        4        5
2. LEVEL OF FUN / SATISFACTION
3. WHAT NEEDS TO CHANGE? .....
- .....

## INTIMATE RELATIONSHIPS

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Wider family and friends

1. HOW MUCH ENERGY?                    1        2        3        4        5
2. LEVEL OF FUN / SATISFACTION
3. WHAT NEEDS TO CHANGE? .....
- .....

## 'ME' TIME

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Hobbies, self-expression, shopping, fun

1. HOW MUCH ENERGY?                    1        2        3        4        5
2. LEVEL OF FUN / SATISFACTION
3. WHAT NEEDS TO CHANGE? .....
- .....

## COMMUNITY – INVOLVEMENT IN SCHOOLS / GROUPS

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1. HOW MUCH ENERGY?                    1        2        3        4        5
2. LEVEL OF FUN / SATISFACTION
3. WHAT NEEDS TO CHANGE? .....
- .....

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You could use this exercise to look at other areas of your life also -  
eg. Spiritual, Personal development and Caring for other people.

DATE:

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