

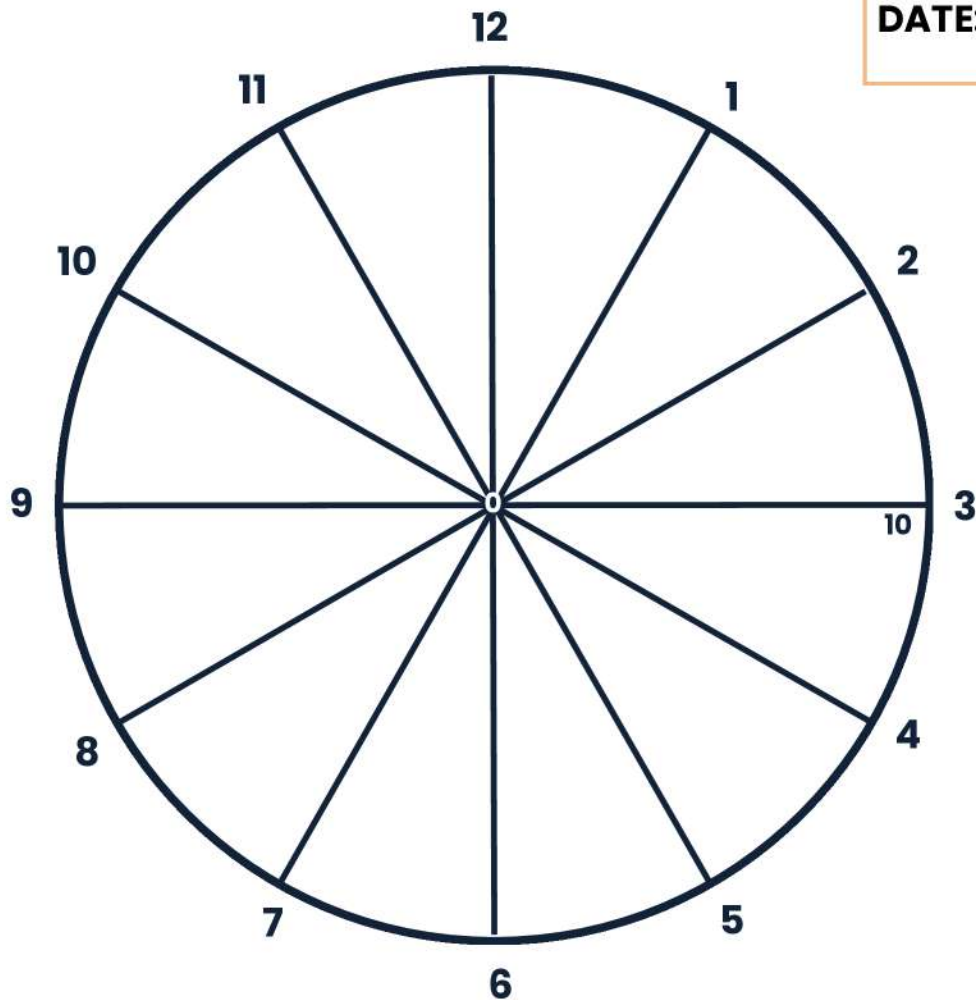


# MAPPING YOUR BALANCE

A visual self-assessment to help you identify key focus areas on your journey to a healthier work-life balance.

# Your Balance Wheel

DATE:



## CATEGORIES:

**How satisfied are you with your...?**

- |                                  |   |
|----------------------------------|---|
| <b>1</b> Support system          | <b>7</b> Stress management              |
| <b>2</b> Ability to ask for help | <b>8</b> Ability to prioritize yourself |
| <b>3</b> Boundaries              | <b>9</b> Energy levels                  |
| <b>4</b> Workload                | <b>10</b> Ability to recharge           |
| <b>5</b> Mental load             | <b>11</b> Strengths utilization         |
| <b>6</b> Ability to switch off   | <b>12</b> Values alignment              |

# Your Results

## Which category would you like to track?

This doesn't need to be your lowest-rated category, but rather the one that you'd most like to see a change in.

## Describe what a satisfaction score of 10 would look like for this category.

## What is one action you can take this week to make a difference?

## What are your biggest obstacles to making changes in this category?

**Do something for your future self and start your journey to a healthier balance!**