

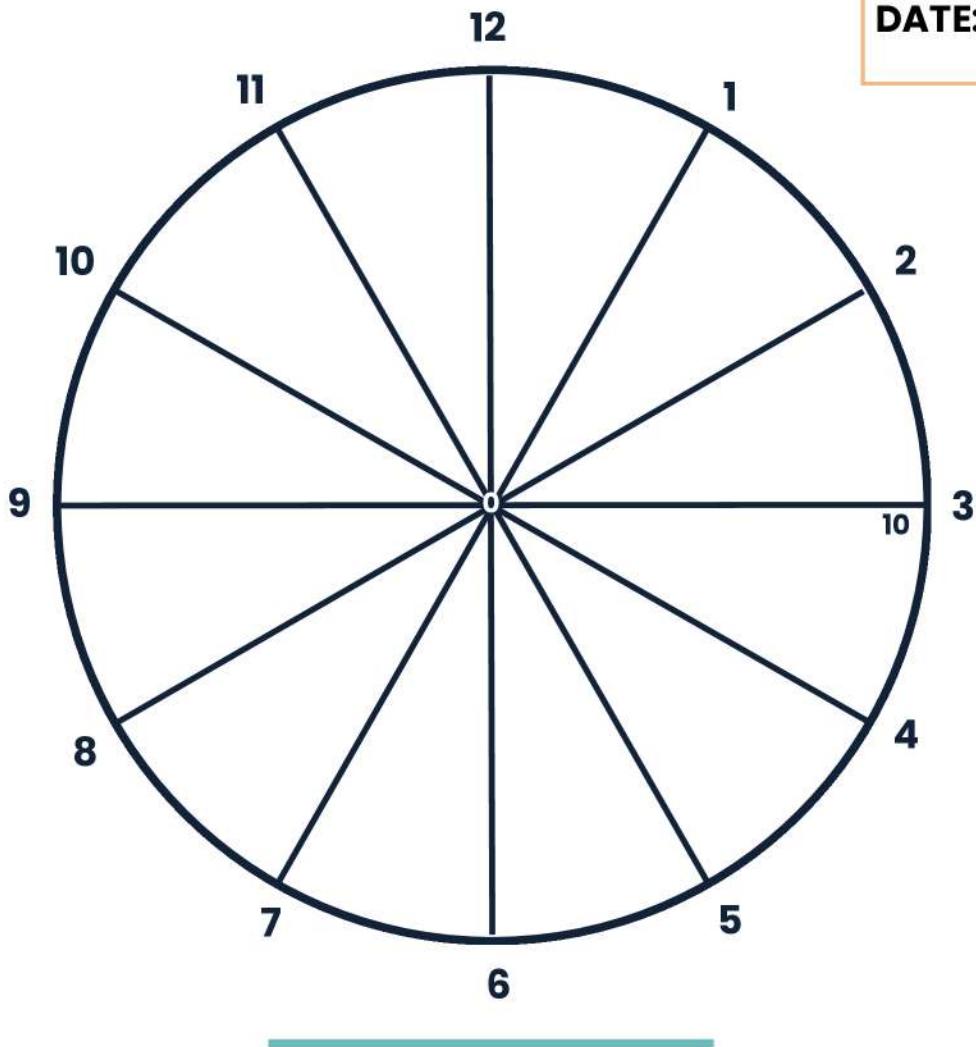


MAPPING YOUR BALANCE

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...?

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