# Life Balance Worksheet

With all the different roles we play in our lives, it can be difficult to balance all the areas that need our attention. It can be difficult to prioritize important areas including: sleep, exercise, eating habits, social life, career/education, fun activities, spirituality and relationships. This worksheet will help you explore and create balance in your life by exploring where you are currently dedicating your time, and what areas need more attention.

## Exploring Your Priorities

In the circle below, shade in or add a percentage that represents how much time in your life you are currently dedicating to this area.

Exercise/Movement

Sleep

Eating Habits

Social

Career/Education

Fun Activities

Spirituality

Relationships

## Creating Balance

Now that you have explored the areas you currently dedicate your time to, take a look at your pie chart to see if there are any areas you are dedicating too much or not enough time to. In the circle below, shade in or add a percentage for how much time you would ideally like to dedicate to this area.

Exercise/Movement

Sleep

Eating Habits

Social

Career/Education

Fun Activities

Spirituality

Relationships

## Reflection

What areas need more attention in your life?

What can you do to work towards more balance?