

The Balanced Life Checkup



Life is a balancing act between the work we do, the money we earn, the relationships we build, our health and spirituality. Get out of balance in any one area and you affect all the others. [You will note that as with the questions, being in balance doesn't mean you spend equal time in these areas. It does mean you apportion your time to be in balance. Being in balance is a choice. To paraphrase Lincoln, people are about as balanced as they choose to be.]

So much of our success at maintaining balance is driven by our beliefs. About what we think we can or can't do. About how we are too young or too old. Or, about how brave, creative or committed we are.

Use this checklist to get a clear picture of where you are today. See where you may be out of balance. Then plan to do something about it... which will only happen if you really want to!

Instructions: Print out this checklist and get a green, red and yellow pen or pencil and then color in each dot depending on how well you are doing. Green (or blue if you can't find anything green) means all is well. Yellow means you are doing better but not there yet. Red means this is a real problem you need to address.

Here's to your balanced life, Don



WORK

“To work we love, with delight we go.” – Shakespeare

Disempowering

- I hate my job.
- I don't have a plan for my career.
- I tend to do the same job day after day, year after year.
- I do a terrible job of delegation.
- I have difficulty getting my work done in 50 hours/wk.
- I don't like doing presentations.
- I am not creative.
- I'm not very good with technology.
- I have no clue about social media (LinkedIn, Facebook, blog sites, groups).
- I seldom read books.
- I hate networking and meeting strangers.

Empowering

- I love my job.
- I have a detailed plan for my career, in writing.
- I am a growth freak, always improving the quality of my work.
- I do what I do best and delegate the rest.
- I get my work done in under 50 hrs/wk or less.
- I love giving presentations.
- I am very creative.
- I am on top of the latest technological trends affecting my job and my company.
- I make sure to keep my "brand" up to date on social media.
- I read at least a book per month.
- I love meeting new people when networking.

Three things I must do:

1. _____
2. _____
3. _____



MONEY

“Money doesn’t buy happiness, it is happiness.” – Jack Donaghy

Disempowering

- I do a poor job of managing money.
- I don’t understand numbers.
- I don’t know how to read a financial statement.
- I don’t know the value my work represents.
- Making more money means working more hours.
- I never have enough money and feel financially insecure.
- I have difficulty asking for a raise.
- I get paid below what I am worth.
- I don’t do financial planning.
- I don’t use my company 401K plan.
- I don’t have a budget.
- I have minimal savings.

Empowering

- I am a great manager of money.
- I understand numbers well.
- I fully understand financial statements.
- I know exactly what value my work represents.
- Making more money means working smarter hours.
- I do a great job of saving and investing and feel financially secure.
- I regularly ask for a raise and back up my request by showing the additional value I’ve added.
- I get paid very well, thank you.
- I have a written financial plan.
- I utilize at least any matching funds in my 401K.
- I keep a tight budget and know where every dollar goes.
- I save at least 10% or more of every paycheck, have no debt other than a house or car and live below my means.

Three things I must do:

1. _____
2. _____
3. _____



RELATIONS

“How people treat you is their karma; how you react is yours.” – Wayne Dyer

Disempowering

- I often feel depressed and want to be left alone.
- I have terrible self-talk.
- The people around me don't support me.
- I don't believe in charity.
- I am either all alone or in bad relationships.
- Work is my life 24/7.
- We never take vacations - who has the time to do that?
- I tend to dump a lot of negativity on loved ones.
- Nobody listens to me in my own home.
- I have poor relations with family members.

Empowering

- I have a healthy self-esteem and love good company.
- I am an example of positive thinking.
- The people around me are very supportive.
- I believe in helping those who can't help themselves and make regular donations.
- I have healthy relationships and am only alone when I choose to be.
- Work is left behind when I am with friends and loved ones.
- We take at least two weeks of vacation every year and often venture to new places.
- I show loved ones how much I care about them ...by finding the good in them.
- I am a leader in my own home.
- I have great relations with family members.

Three things I must do:

1. _____
2. _____
3. _____



HEALTH

“Health is the greatest wealth.” – Ben Franklin

Disempowering

- I never get a good night’s sleep.
- I never eat right.
- I never plan my meals or exercise.
- I never work out.
- I never do resistance training.
- I am as stiff as a board.
- I am always sick.
- I am totally out of shape and easily exhausted.
- I look and feel like s?!.
- I never spent time outside in nature.
- I drink and/or smoke too much.

Empowering

- I sleep a sound 7-8 hrs. every night.
- I always eat right with rare exception.
- My meals and exercise are planned every week.
- I work out for 30 minutes at least 5x/wk.
- I do resistance training at least 2x/week.
- I regularly do yoga and stretching.
- I never get sick.
- I am very fit for my age and have an endless amount of energy.
- I look and feel great!
- I regularly spend time in nature.
- I limit my drinking and never smoke.

Three things I must do:

1. _____
2. _____
3. _____



SPIRIT

“Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.” – E.E. Cummings

Disempowering

- I never have time to sit in silence and just be.
- Life sucks. I have been dealt a rotten hand by life. If I didn't have bad luck I wouldn't have any.
- I haven't touched anything spiritual or religious in decades.
- I feel so disconnected.
- My breath is short and shallow
- There's nothing to feel happy about.
- I seldom laugh.
- I make my life complicated and ugly.

Empowering

- I spend at least 15 minutes every day in meditation, silence, prayer or gratitude.
- Life is good. I am grateful for being here and realize life wasn't designed to be fair but rather a learning lesson.
- I regularly read spiritual or religious books and attend worship.
- I feel “one” with the universe.
- I am very aware of my breath. It is long and deep.
- I choose to feel happy.
- Heck, I laugh all the time!
- I keep my life simple and beautiful.

Three things I must do:

1. _____
2. _____
3. _____

You are finished. Now the real work begins. Remember, you can... and will... do this!