ENCOURAGE EXERCISE #1

My Work and Life Balance

Think about your balance in life, and answer the following questions:

1. What do you want more of in your life?

2. What do you want less of in your life?

3. Do you need to simplify or intensify activities and responsibilities?

4. If you want to become more balanced in life, what do you need to do:
   a. More?
   b. Less?
   c. Differently?

5. What beliefs that you have about becoming more balanced could interfere with you actually making changes in your lifestyle or habits (e.g., I’d exercise more, but I just don’t have the time)?

6. What do you need to give up in order to achieve the balance you want in life?