

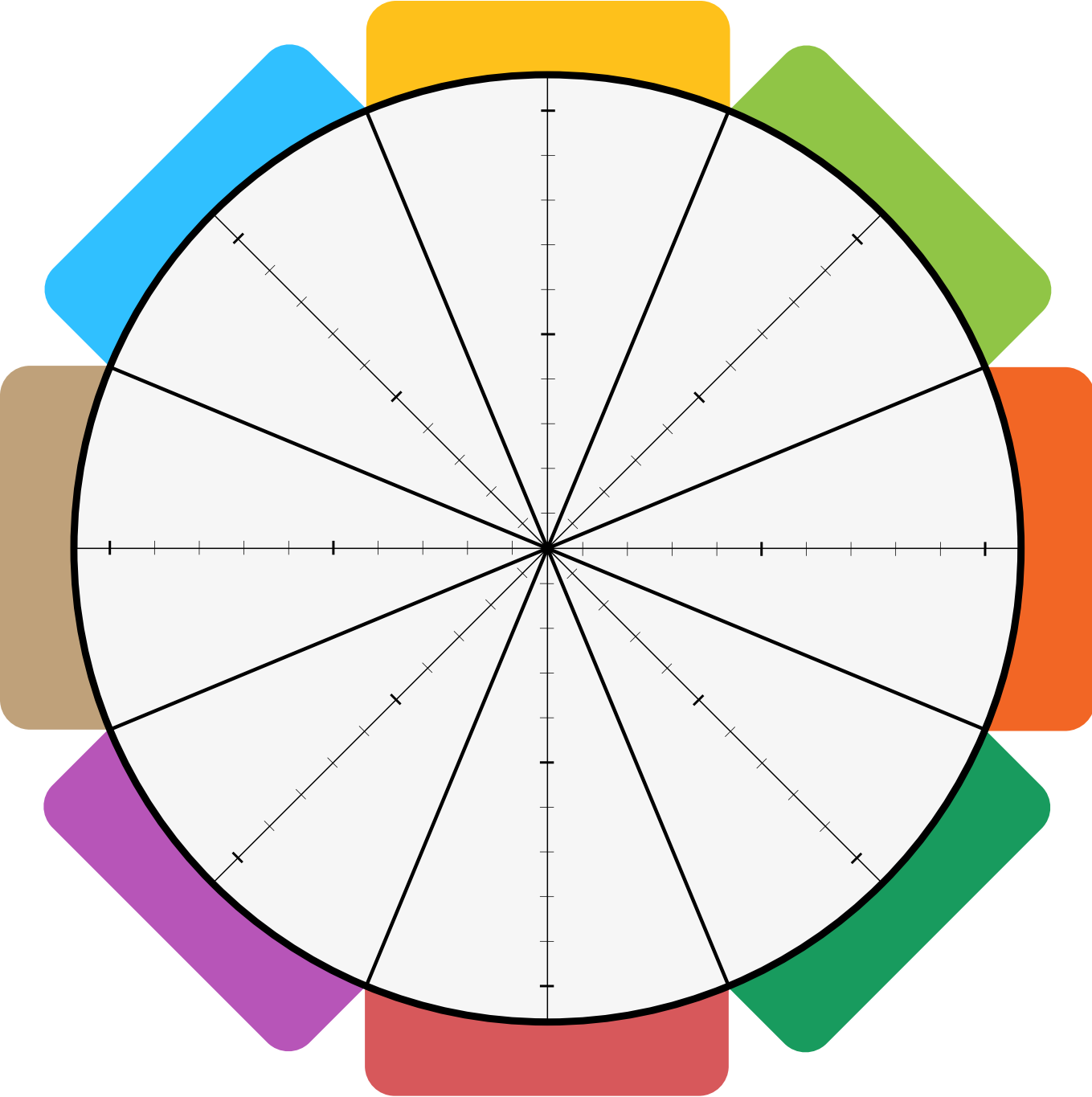


The Lifestyle Balance tool is how we can take a birds-eye view inventory of our lives. It can help us see where we are focusing our time and energy, and conversely, the parts of our lives that lack our attention. Once we can see and identify those portions (or slices) of our lives that may need more effort, we can begin taking steps to direct our energy to them.

INSTRUCTIONS

1. The Lifestyle Balance tool works like a pie. Using the graphic on the next page, label each slice with an area of your life. The graphic has eight sections, but you can sketch in additional ones or skip over slices if you prefer.
 - a. Areas of your life could include things like: *personal growth, business/career, family and friends, romantic relationships, physical environment, physical health, finances, leisure, etc.*
2. Using the lines in the middle of each slice as a ruler, think of the outer edge as “completely satisfied” (10) and the center as being “totally dissatisfied” (0). Rate your level of satisfaction in each of the slices by marking a dot on each line. Be honest with yourself, and go with your gut. If you feel something is not being given your attention or vice versa, your intuition is probably correct.
3. After completing your rating for each slice, connect the dots to form a new perimeter within your pie.
4. Now that your pie is completed, consider and answer the following questions. You can use the NOTES section on the third page.
 - a. Am I living a balanced life?
 - b. Are my true values and priorities reflected here?
 - c. If I had one month left to live, is this the way I would be spending my time?
 - d. Am I involved in too many activities? Is there too much on my plate
 - e. How much of my time is spent caring for others? For myself?
 - f. Are there areas of my life that need more of my attention?
 - g. Is there a dream or desire that keeps getting put off that I'd like to focus on?
 - h. What area(s) needs more attention? Where is less attention needed?
 - i. What changes do I want to make? What can I do to round out my life?





Cognitive Behavioral Immersion™ Tools Lifestyle Balance

Innerworld

NOTES:

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