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Eight Areas of Life Balance

The Life Balance Audit
Regain Control and Live on Your Own Terms

Introducing the Life Balance Audit, a powerful tool designed to uncover where your precious time is actually going. Maintaining passion and energy at work and in life requires that each of us have a good balance of life energy.

We often find ourselves caught up in the demands and responsibilities of daily life, leaving little room for self-care and rejuvenation. However, neglecting our well-being can lead to burnout and a loss of motivation. That's why assessing and enhancing the balance of life energy in our lives is crucial.

The Life Balance Audit goes beyond time management and delves into the vital aspect of energy management. By evaluating how you allocate your time and energy in various areas of your life, you can identify imbalances that might be draining your passion and vitality.

Within the Life Balance Audit, we explore the eight key areas of life balance and examine the energy expenditure and replenishment within each area. This holistic approach allows you to understand better how your energy is allocated and how it impacts your overall well-being.

During the audit process, we'll delve into questions such as:

- Where do you feel most energized and engaged in your life?
- Are there areas that consistently drain your energy and leave you feeling depleted?
- What activities or practices help you replenish your energy levels?
- How can you integrate more activities that bring joy and fulfilment into your daily routine?
- Are there any adjustments you can make to achieve a better balance of life energy?
- By addressing these questions and more, the Life Balance Audit empowers you to make informed decisions about how you invest your time and energy. It provides you with the tools and insights needed to create a sustainable and fulfilling life at work and in your personal endeavours.

Don't let the busyness of life overshadow your passion and drain your energy. Take control and embark on the Life Balance Audit to cultivate a harmonious balance of life energy. Realign your priorities, nurture your well-being, and unlock the key to living a purposeful and vibrant life.

Step 1: Rate your current level of satisfaction

Take a moment to rate your current level of satisfaction for each of the eight areas of life (Health, Lifestyle, Self-Development, Creative Expression, Career, Finance, Social Life, and Intimate Relationships). * If you would like a deeper understanding of the different areas of life balance, please refer to pages 4 and 5 for reflections on each area. These reflections provide insights into the meaning and significance of each area and how they contribute to your overall well-being. You can also add your own meaning and interpretation of each area's meaning to you.

Use a scale from one to ten, with one being very dissatisfied and ten completely satisfied. Be honest with yourself and trust your intuition.

The Eight-Fold Path

AREA	CURRENT	FOCUS	ACTION
Health			
Lifestyle			
Self-Development			
Creative Expression			
Career			
Finance			
Social Life			
Intimate Relationships			

Step 2: Choose two areas to focus on rebalancing this month:

Review your ratings and identify two areas you feel are imbalanced or require more attention. Consider areas where you scored lower and feel the most motivated to improve. These areas will be your primary focus for the upcoming month.

Step 3: Reflect on energy expenditure:

Take a moment to reflect on how you currently allocate your time and energy within those areas. Consider where you feel most energized and engaged and areas that consistently drain your energy. Acknowledge any imbalances that may exist.

Step 4: Identify replenishment practices:

Reflect on the activities or practices that help replenish your energy levels within each area. These could be activities that bring you joy, relaxation, fulfilment, or personal growth. Consider how you currently incorporate these practices into your daily routine.

Step 5: Explore adjustments and improvements:

Based on your reflection, brainstorm potential adjustments or improvements you can make to achieve a more balanced allocation of your energy. Consider specific actions or changes to support your overall well-being and enhance your passion and vitality.

Step 6: Create an action plan:

Consolidate your insights and reflections into an action plan. Outline specific steps you will take to integrate more activities that bring you joy and fulfilment into your daily routine. Set achievable goals and establish a timeline for implementing these changes.

Step 7: Implement and track progress:

Put your action plan into motion and start implementing the identified adjustments and improvements. Regularly track your progress and assess how the changes positively impact your energy levels, passion, and overall well-being.

Step 8: Reflect and evaluate:

Regularly reflect on your journey and evaluate the impact of the actions you've taken. Assess your level of satisfaction in the chosen areas and identify any changes or improvements you've noticed. Celebrate your successes and identify areas where further adjustments may be necessary.

Step 9: Adapt and iterate:

Stay flexible and open to adapting your action plan as needed. Life circumstances and priorities may evolve, requiring adjustments along the way. Regularly revisit and iterate on your action plan to ensure continued progress and balance.

Step 10: Reassess and choose new areas:

Once you feel that you have made significant progress in rebalancing the initial two areas, reassess your satisfaction ratings for all eight areas. Choose two new areas to focus on rebalancing for the next month, repeating the process outlined in Step 3 onwards.

Step 11: Maintain balance and continue the audit:

As you progress through the Life Balance Audit, continue to assess, rebalance, and refine your satisfaction levels in each area. Regularly repeat the process to ensure that your life remains balanced and aligned with your goals and values. Remember, the Life Balance Audit is a continuous journey of self-discovery and improvement. By consistently assessing and taking action to rebalance the areas of your life, you can achieve a greater sense of fulfilment, well-being, and control over your own life.

Health

Health refers to the overall well-being of your physical, mental, and emotional state. It encompasses activities and practices that promote good physical health, such as exercise, proper nutrition, and sufficient rest. It also includes nurturing your mental and emotional well-being through stress management, self-care, and mindfulness.

Lifestyle

Lifestyle encompasses how you live your life, including your daily habits, routines, and choices. It involves the activities, interests, and pursuits that bring you joy, satisfaction and a sense of fulfilment. Your lifestyle is an expression of your values, priorities, and personal preferences.

Self-Development

Self-development refers to continuous personal growth, learning, and self-improvement. It involves expanding your knowledge, skills, and abilities, as well as exploring your inner self and discovering your passions and purpose. Self-development encompasses areas such as education, personal growth practices, and acquiring new experiences.

Creative Expression

Creative expression involves engaging in activities that allow you to express your unique thoughts, ideas, and emotions. It includes artistic endeavours, hobbies, and any form of creative outlet that enables you to tap into your imagination and explore your creativity. Creative expression is a means of self-discovery, self-expression, and personal fulfilment.

Career

Career encompasses your professional life and your work to earn a living. It involves finding meaning, purpose, and satisfaction in your chosen profession or vocation. Career balance includes factors such as work-life balance, professional growth, job satisfaction, and alignment of your career with your values and aspirations.rests, and pursuits that bring you joy, satisfaction and a sense of fulfilment. Your lifestyle is an expression of your values, priorities, and personal preferences.

Finance

Finance refers to the management of your financial resources and the overall state of your financial well-being. It involves budgeting, saving, investing, and making informed financial decisions to achieve stability, security, and financial goals. A balanced financial life allows for both meeting present needs and planning for the future.

Social Life

Social life involves your interactions and connections with others. It encompasses relationships with friends, family, colleagues, and the community. A balanced social life includes meaningful connections, social support, and engaging in social activities that bring joy, companionship, and a sense of belonging.

Intimate Relationships

Intimate relationships encompass the deep connections you form with romantic partners or significant others. These relationships involve emotional intimacy, trust, mutual respect, and shared experiences. A balanced intimate relationship involves open communication, nurturing the connection, and investing time and effort to maintain a healthy and fulfilling partnership.

Balancing these eight areas of life allows you to lead a well-rounded and fulfilling life. It involves consciously assessing and addressing the various aspects of your life to ensure that your time, energy, and resources are allocated to support your overall well-being and bring you a sense of satisfaction and harmony.

Here are some reflection questions for each of the eight areas of life balance. These can serve as a starting point for assessing and improving your life balance in each of these areas.

HEALTH:

- How well am I taking care of my physical, mental, and emotional well-being?
- Am I making time for regular exercise and physical activity?
- Is my diet nourishing and supporting my overall health?
- Do I prioritize rest and relaxation to recharge my energy levels?
- What steps can I take to improve my overall health and well-being?

LIFESTYLE:

- Does my current lifestyle align with my values and priorities?
- Am I satisfied with how I spend my time and engage in activities?
- Are there any aspects of my lifestyle that I would like to change or improve?
- Do I have a healthy work-life balance?
- How can I create a lifestyle that brings me more joy, fulfilment, and peace?

SELF DEVELOPMENT:

- Am I actively seeking opportunities for personal growth and learning?
- Do I invest time in activities that enhance my skills, knowledge, and talents?
- What are my current goals for self-improvement and self-discovery?
- How do I nurture my intellectual, emotional, and spiritual growth?
- What steps can I take to develop myself further and reach my full potential?

CREATIVE EXPRESSION:

- Do I engage in creative activities that bring me joy and allow me to express myself?
- How do I tap into my creative side and explore my artistic talents?
- Are there any creative endeavours or hobbies I've been longing to pursue?
- How can I incorporate more creativity into my daily life?
- What barriers, if any, prevent me from embracing my creativity fully?

CAREER:

- Am I satisfied with my current career path and professional growth?
- Does my work align with my passions, values, and long-term goals?
- Am I continually developing my skills and expanding my professional network?
- Do I feel a sense of purpose and fulfilment in my work?
- Are there any career changes or improvements I would like to make?

FINANCES:

- Am I effectively managing my finances and working towards financial stability?
- Do I have a budget and financial goals in place?
- Am I saving and investing wisely for the future?
- Are there any areas where I can improve my financial habits or reduce unnecessary expenses?
- How can I create a healthier and more balanced relationship with money?

SOCIAL LIFE:

- Am I nurturing meaningful connections and relationships with others?
- Do I spend enough quality time with friends, family, and loved ones?
- Am I engaging in social activities that bring me joy and fulfilment?
- Are there any social relationships I would like to cultivate or strengthen?
- How can I create a social life that supports my overall well-being?

INTIMATE RELATIONSHIPS:

- How satisfied am I with my current intimate relationship(s)?
- Am I effectively communicating and nurturing my relationships?
- Do any areas in my intimate relationships require more attention or improvement?
- Do I feel supported and valued in my relationships?
- What steps can I take to create more intimacy, trust, and connection in my relationships?

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If you know you are ready to go deeper into developing your Eight Areas of Life Balance, take the next step and book a clarity call to learn more.

CONNECT WITH DEIDRE TODAY.

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