



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?