

# HabitShift

Personal and Professional Coaching, and Corporate Consulting

Web: [www.habitshift.com](http://www.habitshift.com) Phone: 778-628-9470

## What is “Balance”?

According to the US Surgeon General, a symptom of mental health is a sense of balance and what balance feels like is likely different for each of us. Even so, we could probably agree on some common themes:

- Productive management of thoughts, feelings and behaviors
- Adaptability
- Sense of well-roundedness
- Contentment

There are dozens of ideas about what elements need to be managed to attain balance. The following nine factors summarize many of those. You may be able to live with one or more of these factors out of balance for some period of time and, depending on your values and goals, you may not even believe that some of the categories are necessary for you to monitor in order maintain balance. You can think of them as opportunities – not mandates.

If they stimulate your thinking about what balance is or isn't for each opportunity – our mission is accomplished. If you start conversations with others on the subject, even better.

### Instructions:

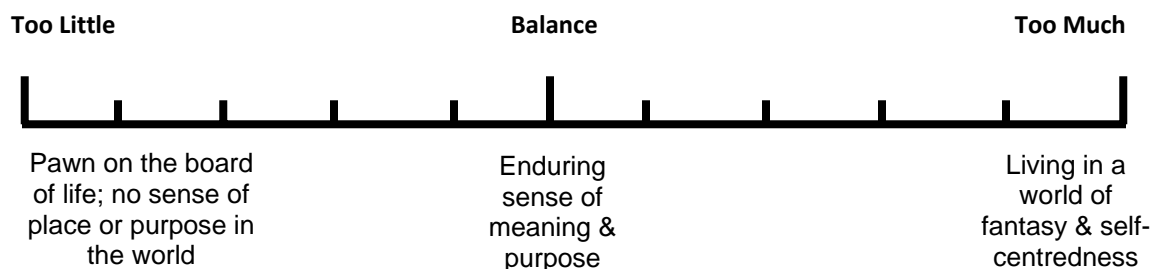
#### **Part 1**

A) Mark on the line between “Too Little” and “Too Much” where you believe you fit as of today. Yesterday you may have rated yourself differently; so too tomorrow. Take this assessment as often as you need to.

B) Upon completing the assessment, notice where you feel you need to do the most work and read Part 2.

## The 9 Opportunities for Balance

### **1) Spiritual:**

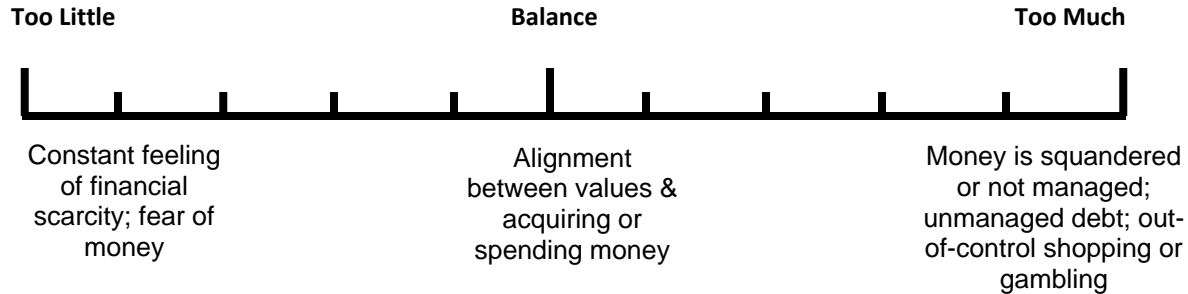


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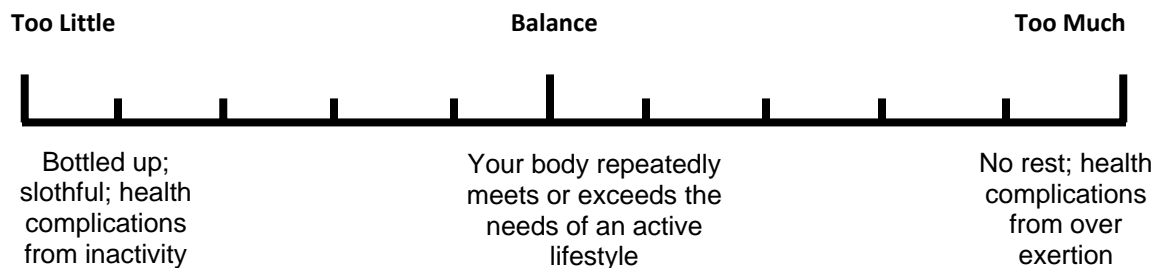
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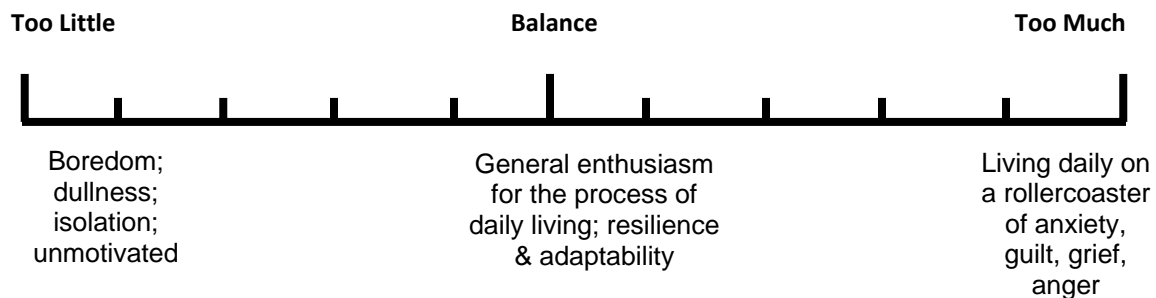
## 2) Financial:



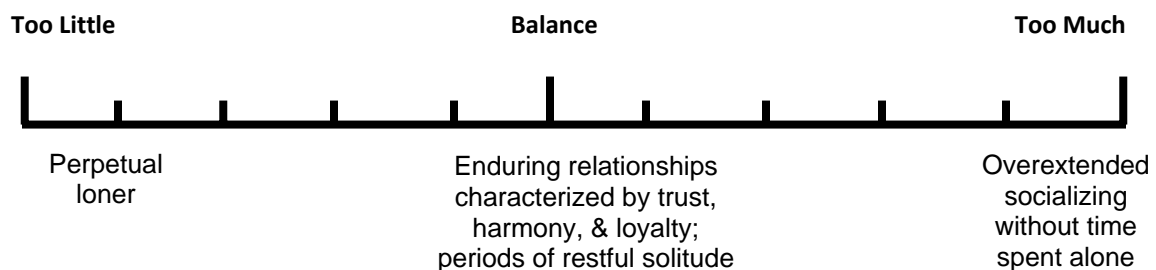
## 3) Physical:



## 4) Emotional:



## 5) Social:



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## 6) Intellectual:

Too Little

Balance

Too Much



Feeling stuck  
and/or  
unstimulated

Capacity and desire  
for learning; healthy  
curiosity

Mentally burnt out; no  
creativity; no sense of  
humor

## 7) Family:

Too Little

Balance

Too Much



No roots or  
sense of  
family history  
& belonging

Owning a  
comfortable  
place within a  
group of loved  
& loving others

Family  
conflicts filled  
with anger &  
hurt; feeling  
trapped by  
family ties

## 8) Occupational:

Too Little

Balance

Too Much



Work is just a  
job or worse,  
drudgery

Work is  
satisfying;  
broadly  
stimulating  
emotionally &  
intellectually

No energy left  
over after  
work;  
overwhelmed;  
continuously  
drained

## 9) Recreational:

Too Little

Balance

Too Much



No interests  
outside of  
work;  
listlessness

Rich breadth of  
activities providing  
relaxing states of  
mind & feeling; play

Life driven only by  
pleasure-based  
impulsiveness

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## Part 2: What's next?

You have just taken an unscientific but valuable snapshot of yourself with what you believe to be true at the present moment in time. You change and the world around you changes. Constantly. You are a different person now than before you took this assessment. You may answer the assessment differently next week. Who knows what will come up in the next 6 months that could support your balance or foster imbalance?

Here's our recommendation for what to do with this information:

- 1) Note where you rated yourself out of balance. Which item presents the best opportunity for your greatest growth and that also requires the least effort? This will be the place to start.
- 2) Note which item you believe shows where you are most balanced right now.

Each opportunity for balance is composed of habits and patterns. For each, there are emotional, cognitive, and behavioural themes that when brought into clear focus, provide you with opportunities for increasing work life balance. Your habits & patterns are the working level of personal change.

- 3) You can now identify more specifically where you will benefit from some focus. List habits and patterns you have that might require your attention. Call or write if you would like our help.