

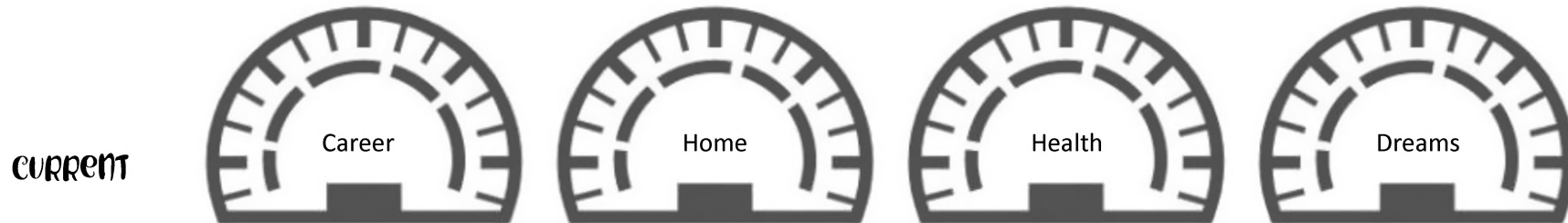
BALANCE WORKSHEET

CAREER ~ HOME HEALTH ~ DREAMS



PeMento

- Mark your gauges to reflect your current levels of time commitment. We all navigate commitments with a set amount of personal resources—how much of your time and energy goes to career, home, health, and dreams? Your gauges should reflect proportional amounts, but we know you may be over the gauge in one or multiple areas. **Reflect your reality.**



- What do you observe about your gauges? What's your mood today? Reflect—are you being fair? **Are you being self-critical?**
- If you could fill that gauge differently, how would you? Use the second gauge to reflect your revised commitments.



- How would your life be different with these different levels? What would you have/see that would be an improvement?
- Take a break—at least 5 minutes. Maybe skim an article, text your friend. After you come back, identify one incremental change you think you could undertake to help you move in the direction of your preferred balance.
- Take another break—of a length of your choosing. Then reflect on what it would take for you to live at your preferred balance for 2 weeks. Consider trying it.



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