

# FINDING BALANCE

Take a moment to consider your life six months ago. How would you classify the time spent in each area: too much, too little, or just right?

ACTIVITY	Too Much	Too Little	Just Right
Physical activity			
Sleep			
Work			
Relaxation			
Prayer			
Work that uses the mind			
Work that uses the body			
Time alone			
Time with others			
Time with family			
Church			
Service			

Take a moment to consider your life right now. How would you classify the time spent in each area: too much, too little, or just right?

ACTIVITY	Too Much	Too Little	Just Right
Physical activity			
Sleep			
Work			
Relaxation			
Prayer			
Work that uses the mind			
Work that uses the body			
Time alone			
Time with others			
Time with family			
Church			
Service			

Now look at the two charts and consider:

Is there a balance between work and leisure, between things that I do with others and things I do by myself, between physical work and mental activity, between time for myself and family, and time for God?

What are the neglected areas?

How has this changed during this time of social distancing?

Are there changes that I have enjoyed? Are there changes that have been difficult?

If I feel drained at the end of the day, does this picture of my life as show in these charts give me insight as to why?

What might I do to have a healthier balance in my life?

