



How Well Do You Maintain Balance?

by Kelly-Anne Rover

If trying to maintain balance in your life makes you feel like a tightrope walker, you're not alone. Most of us have so many demands on our time and energy; life can feel like a three-ring circus. Take this quiz to see how well you are meeting responsibilities or caregiving, while also recognizing and fulfilling personal needs and wants. Circle the if your answer is TRUE or the if your answer is FALSE.

- | | TRUE | FALSE |
|--|-------------------------------------|--------------------------|
| 1. The only way I can successfully manage my life is to take care of myself physically and emotionally. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. Nurturing myself enlarges my capacity to help others. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 3. I eat healthfully and exercise regularly. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 4. I get check-ups, go to the dentist, and take preventative precautions. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 5. I set aside personal, quiet time for myself, whether I'm meditating or simply letting my thoughts drift. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 6. I experience the gifts of each season: ice skating, sledding, bundled-up beach walks; gardening, hiking, more time outside; camping, swimming, barbecues; harvesting the bounty, gathering wood, spending more time inside. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 7. Creativity nurtures me, too. I do what I love, whether that's cooking, drawing, painting, writing, dancing, singing or another creative pursuit. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 8. Reaching out to others enriches my life. I spend quality time with family and friends. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 9. Contributing to the world provides connection and purpose, so I give my time, energy and experience where it is most useful. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 10. I notice and heed the emotional signals that tell me I'm out of balance: irritability, overwhelm, resentment. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 11. If I feel that I'm catching a cold, I realize I may have stressed my immune system with over activity, so I stop and take care of myself. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |



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| 12. When I need or want to, I say no to requests for my time. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 13. I listen to and honor the requests my body makes for such things as a nap, a walk, green vegetables, hot soup. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 14. If I have something planned for myself, I don't just toss that aside when someone makes a request of me. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 15. I'm busy, but I find time to do the things I want to do. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 16. I'm happy. I regularly experience well-being, contentment, even joy. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

If you answered false more often than true, you may want to take a look at the questions to which you answered false and see if you can incorporate something of its message into your life. Using personalized visual aids and strategies will assist you in finding more time for yourself. Please don't hesitate to contact us for your FREE consultation if you'd like to explore this issue further.

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