

EQUINOX BALANCING WORKSHEET

THE GREEN SHAMAN © 2015

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DIRECTIONS: For each area of you life, mark on the scale where you are expending and receiving your time and energy. The lower the number for each area, the more in-balance the area is with the rest of your life right now. Remember, there are no wrong answers here. This worksheet is designed to help you take a more objective look at different parts of your life and see where some balancing is needed for your overall health. Your rigorous honesty here will be most rewarding.

	It is not part of my life at this stage.	All of my needs are met. I am secure and comfortable. Sometimes people ask me for advice relating to this area.	Although not always easy, this area flows nicely in my life. I rarely complain fitting it in to my plans.	I feel like I have a good work/play balance in this area. It isn't totally ideal, but also not a problem.	This area is taking a little more time and energy than feels comfortable. I believe I need to get better control of this area.	I experience stress and anxiety keeping up here. I seek advice to improve this area often.
home	0	1	2	3	4	5
family	0	1	2	3	4	5
friends	0	1	2	3	4	5
job	0	1	2	3	4	5
hobbies	0	1	2	3	4	5
spiritual activities	0	1	2	3	4	5
personal improvement	0	1	2	3	4	5
health, self-care	0	1	2	3	4	5
tv, news, sports, video games	0	1	2	3	4	5
exercise	0	1	2	3	4	5

TOTAL: