

BEING A BALANCED BOSS

I think we can all agree that the work/life balance is a bit of a myth. But we think there is something to be said for taking stock of where you're at in all areas of life so you can at least feel a little more ... well, balanced. The goal of this worksheet is to see which habits give you energy in different aspects of your life, and putting together an action plan for the places that could use a little more attention. See page 122 in the Being Boss book for more details.

PHYSICAL HABITS

When do you feel physically healthy and most alive?

What kinds of foods make you feel nourished?

What's the most luxurious thing you like to do for your body?

What makes you feel physically drained?

MENTAL HABITS

What is your favorite head-space to be in? What are you typically doing when you're in "the zone"?

What kinds of conversations are the most stimulating for you? And with whom?

What is your favorite thing to learn more about / read / consume?

What makes you feel most mentally fatigued?

EMOTIONAL HABITS

When do you feel the most connection or love?

Describe the emotions you want to feel most often as you move through life:

Describe how you **behave** when you feel good:

What makes you feel emotionally exhausted?

THE ACTION PLAN

Looking at your answers above pick just one thing you will add (or omit) in your life in each section. Think about making these habits little things you can execute on daily OR if that's not possible at least schedule in on your calendar weekly, monthly, or yearly.

PHYSICAL: I will do _____ . I will stop doing _____ .

MENTAL: I will do _____ . I will stop doing _____ .

EMOTIONAL: I will do _____ . I will stop doing _____ .

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Being Boss

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