

# DESIGNING YOUR LIFE

## LOVE-PLAY-WORK-HEALTH BALANCE WORKSHEET

- Mark your dashboard as it currently exists.
- What do you observe (and are you being fair)?

---

---

- If you could make one incremental adjustment, what would it be? Redraw your improved dashboard.
- What would you get if you could attain this revised level of balance? How would life (really) change for you?

---

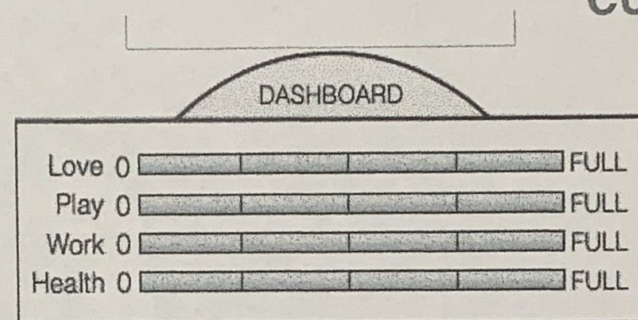
---

- What incremental change could you attempt to move in this direction? What would it take for you to live this way for two weeks?

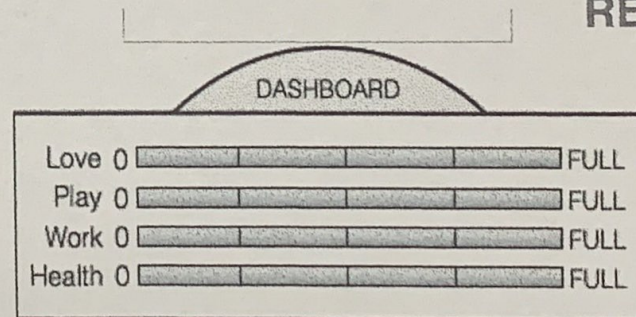
---

---

**CURRENT**



**REVISED**



Take a Bath



Listen to Music

Take a Nap

Go to a body of water

Watch the clouds



Light a candle

REST your legs up on a wall



Let out a sigh

Watch the stars



Learn something NEW

Listen to a guided relaxation



# 50 Ways to Take a Break



Sit in NATURE

Write a Letter

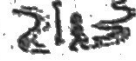
2x Move twice as slowly

Take Deep Belly breaths

MEDITATE



Call a friend



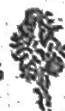
Meander around Town

WRITE in a journal

Notice your Body



Buy some Flowers



Find a relaxing scent

Walk Outside

Go for a run



Create your own coffee break



View some ART

Eat a meal in SILENCE

Examine an everyday object with Fresh Eyes



Turn off all electronics

Go to a park



Pet a furry creature



read or watch something FUNNY

COLOR with Clayons



Make some MUSIC



Climb a tree

Go to a Farmers Market



Forgive someone



Engage in small acts of KINDNESS

Do some gentle stretches



Bring in a houseplant



Write a quick poem



Read poetry



Put on some music and DANCE

