

## How Well Do You Maintain Balance?

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, whilst also recognising and fulfilling personal needs and wants. How many of these statements are fully true for you?

1. The only way I can successfully manage my life is to take care of myself physically and emotionally.
2. Nurturing myself enlarges my capacity to help others.
3. I eat healthily and exercise regularly.
4. I get check-ups, go to the dentist, and take preventative precautions.
5. I set aside personal, quiet time for myself, whether I'm meditating or simply letting my thoughts drift.
6. I experience the joys of different seasons: ice skating, sledging, wrapped-up beach walks; gardening, hiking, more time outside; camping, swimming, barbeques; gathering wood, spending more time inside.
7. Creativity nurtures me too. I do what I love, whether that's cooking, drawing, painting, writing, dancing, singing or another creative pursuit.
8. Reaching out to others enriches my life. I spend quality time with family and friends.
9. Contributing to the world provides connection and purpose, so I give my time, energy and experience where it is most useful.
10. I notice and heed the emotional signals that tell me I'm out of balance: irritability, feeling overwhelmed, resentment.
11. If I feel that I'm catching a cold or other minor ailment, I realise I may have stressed my immune system with overactivity, so I stop and take care of myself.
12. When I need or want to, I say no to requests for my time.
13. I listen to and honour the requests my body makes for such things as a nap, a walk, green vegetables, hot soup.
14. If I have something planned for myself, I don't just toss that aside when someone makes a request of me.
15. I'm busy, but I find time to do the things I want to do.
16. I'm happy. I regularly experience well-being, contentment, even joy.

**0 - 5 are true** : How are you surviving? Pick three that are completely false and see if you can incorporate something of their message into your life.

**6 - 10 are true**: You might want to change the balance a little bit. Read those that are false again and choose something to add to one side or the other to bring balance closer

**11-16 are true**: Why did you bother taking this quiz - you are likely to be quite healthy in mind and body

To discuss your results or to get help in making changes, contact Nick for a free, no obligation chat.