**WELL-BEING BALANCE SHEET QUANTITATIVE TEMPLATE**

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| **Area** | **Description – what good looks like** | **Resources** | **Challenges** | **Balance** |
| Shape  Description automatically generated with low confidence**Relationships and community** | **You have authentic relationships:** You feel you belong and are close and connected to others individually and in a community; you trust others and can talk openly to them, solving problems and making decisions collaboratively; you are respected and loved by people who are important to you; you invest your time and attention to those you are close to; your relationships are wholehearted and mutually nourishing. |  |  |  |
| **Shape  Description automatically generated with low confidenceSense of purpose & direction**  | **You lead a good and full life:** You make time to reflect on your life and work and whether you are making the contribution you want to, to the things that you consider important; you make changes to refocus your efforts and energies towards the goals you value; you experience spiritual growth; you have a sense of perspective about your life’s challenges and blessings and feel grateful for what you have; and you enjoy life and feel fulfilled. |  |  |  |
| **Shape  Description automatically generated with low confidenceResilience** | **You have inner strength and emotional evenness in dealing with adversity and are grounded internally:** You acknowledge, understand and respond constructively to your emotions in times of adversity, maintaining a sense of calmness and composure even when facing challenges; you ‘bounce back’ quickly after stressful events; you are ‘in touch’ with your emotional state and when necessary, can regulate your responses in emotionally charged situations; you rarely experience periods of anxiety, depression, self-doubt or guilt; you have a sense of peace and contentment; and you balance your emotional needs with those of other people in your life.  |  |  |  |
| **Shape  Description automatically generated with low confidenceHealth**  | **You engage in constructive physical, nutritional, mindful and sleep habits to impact your vitality and energy:** You manage your energy by pacing yourself and taking time to rest and recover; you are eating the right foods for your body (quality and quantity) and maintaining a healthy weight; your drinking habits include enough of the good stuff (water) and less of the bad stuff (caffeine and alcohol); you have an exercise regime that keeps you fit and moving about regularly; you are aware of your body’s needs and take action to address these when you need to; you use mindfulness and meditation or other techniques to reduce stress and to rebalance; and you give sleep the attention it deserves.  |  |  |  |
| **Shape  Description automatically generated with low confidenceBalance & Boundaries** | **Your success in balancing demands and making choices:** Your work does not impinge on the other things that are important to who you are or want to be; you are able to give enough of your attention to people, activities and experiences outside of work; you are able to manage competing priorities and have enough time for yourself; you have the right amount of work, most of the time, to feel stimulated and busy, without being overloaded or bored and you feel ‘in control’ of your workload; you are comfortable saying ‘no’ and setting personal boundaries in line with your values, aspirations and personal priorities.  |  |  |  |
| **Shape  Description automatically generated with low confidenceInterests & focus** | **You find stimulation, intellectual engagement and enjoyment in what you do at work, in service, at home and at play:** You feel intellectually stimulated, fulfilled and engaged in your work or where you contribute your time in service; you regularly engage in hobbies and activities that you enjoy and that bring you a sense of satisfaction; you often achieve a deep level of concentration on tasks you enjoy; you can use your creativity and are able to innovate; you have opportunities for you to learn and expand your mind; you feel satisfied that you are able to use your strengths to the best of your ability. |  |  |  |
| **Overall wellbeing** | All things considered I am satisfied with where I invest my time and energy and the impact on my wellbeing. |  |  |  |