

Re-Balance Yourself With A Life Inventory

Do you spend adequate time on the things that reward you most? Or, like most adult humans, do you sometimes dedicate extra energy to activities that zap your lifeforce?

Dr. Z. Colette Edwards, known as the "Insight Doctor" created a similar worksheet to this one, as a tool to help balance one's life and be less stressed. Below, figure out where to redistribute your time and energy, so you feel less drained and more effective.

Scan through the activities below, and personalize the list to your life. Fill in the names of important people in your life, and add whatever activities you commonly engage in.

Rate each activity on a scale of 1-5 for how helpful/rewarding it is, and how much of your energy it drains.

How helpful/rewarding?



How draining?



In the next column, subtract the draining score from the rewarding score. The result is that item's "payoff." A higher payoff score means you get more reward for less effort—spend more time on these activities.

Part of life	How helpful? 1-5	How draining? 1-5	Payoff	More or less time on this?	What would that change look like? How could I make it happen?
Relationships (in general)		-	=		
Tidying		-	=		
Spirituality		-	=		
"Me time"		-	=		
Stressing over finances		-	=	Less	Whenever I start to panic and ruminate, I'll update my budget spreadsheet, then focus on something else..
Exercise		-	=		
Relationship _____	2	-	4 =	Less	I will send this friend a funny picture every other day, but see them only twice a month.
Relationship _____	5	-	1 =	More	I will set up a standing date to see this person once a week. Even if things are hectic, we'll always have dedicated time for each other.
TV/social media		-	=		
		-	=		
		+	+		
		+	+		