

Finding Your Balance Worksheet

YOURSELF

What do you do for yourself?

What would you like to do for yourself?

FAMILY

Make a list of your close family members

How often do you see your relatives and how much time do you spend with them?

How you could you improve this?

GROUPS

What groups are you part of? Close friends, work, sports clubs, drama groups etc.

How often do you spend time with these groups?

How can you improve this?

CONCLUSIONS

Right down any conclusions you've made as a result of this exercise
