

Life Balance

Life Balance is about enjoying and having fun in your **whole** life. That is personal internal life, home, social, sport, and work life. These are not separate items. Everything is connected. One affects the other and all need to be functioning in harmony.

Health, energy, and fitness of mind, body and soul lead to happiness. Happy positive energized people are good to be around and have a higher level of performance in all that they do, including the workplace.

The core is the individual, you, and your mindset and lifestyle.

Life Balance Prompts

The following prompts are intending to make you more aware of your whole life balance. There are 10 sections all of which should be rated from 0 low (not happy and feeling drained) – 10 high (happy and full of energy).

When rating these sections your whole life (personal internal life, home, social, sport and work life), should be taken in to consideration. Do not take too long in responding, be completely honest, and use your gut feel.

Your total marks out of 100 and your rating for each section will give you an awareness of your current Life Balance.

Next steps

The internet has an enormous amount of personal development information available for you to follow your own path. The sections in the prompts below, may suggest that this is a big task, but it is actually more simple than it looks. Essentially it is all about reconnecting with your real natural self.

Additionally, we can accompany you on your journey towards Life Balance.

We accompany organisations too.

Visit www.intandem.ch or contact Chris on contact@intandem.ch.

Core Identity, Purpose and Values

Score (0-10)_____

- I am clear about my personal identity
- I know and manage to live my life in accordance with my values
- I have a clear purpose to my life and my decisions at home, socially and at work are based on this sense of purpose.
- I know what drives my happiness, what is important in my life, and I live in correlation with these.
- The majority of my time is spent doing what I do best and I enjoy.

MIND – EQ: Emotional Intelligence

Energy

Score (0-10)_____

- I go to bed at a similar time each night and I regularly get 7 ½ hours good sleep.
- I take regular breaks during the day to recharge/renew.
- I never find myself irritable, impatient or anxious.
- I find time to be with my family & loved ones and enjoy our time together
- I can manage my attention and prevent distractions
- My goals are realistic and achievable
- I practice proactivity and blue sky thinking rather than reactive and scattered.
- I feel good in myself, at home, socially and at work
- There is beauty in my life.
- I have considerable autonomy over how I spend my time.
- I feel trusted, respected and appreciated.

Courage

Score (0-10)_____

- I take courage to look after myself first so that I can then give to others.
- I take courage to listen to my heart and find my happiness from inside of me.
- I am compassionate, motivated by the heart, and like to co-create inspirational life balance for all.
- I stand up, step in and speak out on issues with kindness when needed, and without hurting others.
- I choose to do what is right and lead the way for others.
- I face situations despite my discomfort and fear.
- I choose to be vulnerable and show my weaknesses.
- If I disagree with a course of action, I feel safe to express my views.

Adaptive

Score (0-10)_____

- I make time for lifelong learning.
- I like to build close relationships.
- I show my credibility by acting with integrity and ethics.
- I enjoy developing others.
- When plans change, I can deal with that without becoming angry or depressed.
- I support change rather than being critical or resenting it.
- I demonstrate flexibility and empathy in my day-to-day dealings with people.
- I courteously deal with interruptions and unexpected obstacles.
- I am aware others have differing backgrounds, experiences, and perspectives and do not reduce my personal energy by getting angry with people or situations.

BODY

Nutrition

Score (0-10)_____

- I have three meals per day and I eat a healthy balance of carbs, protein and fat.
- I limit sugar, chocolate and comfort foods.
- My weight is stable and reasonable for my age/build
- I drink at least 2L of water a day, my caffeine intake is limited, and I do not drink sugary/energy drinks
- My alcohol consumption is within healthy limits

Movement and flexibility

Score (0-10)_____

- I take cardiovascular exercise at least twice per week, to a level that suits me.
- I enjoy pilates/yoga/dance/something similar every week
- I do regular stretching and relaxation exercises.
- I understand my body tensions and take action to relax and de-stress.
- My mind, body and soul work in harmony to ensure good movement and flexibility which drives my awareness, appreciation and kindness towards myself and others.

Keep Active

Score (0-10)_____

- I complete 10,000 steps per day, often varying the level of effort to increase my heart rate.
- I regularly do sport to a level that increases my heart rate and to a level that pushes me.
- I keep active throughout the day - gardening/active games/social activities involving movement.
- I have many sources of pleasure and things/activities that I enjoy.

SOUL – SQ Spiritual Intelligence

Self Awareness

Score (0-10)_____

- I have a clear perception of my personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions.
- I live life “in the moment” and I regularly practice gratefulness and forgiveness.
- I build in silence and tranquillity to my day and limit internal chatter in my brain.
- I follow my intuition and “gut” feel.
- I can let go feelings of envy or jealousy
- I do not have limiting beliefs.
- I easily focus on one thing at a time.
- I regularly take time for reflection, strategizing and creative thinking
- I appreciate myself and treat myself with kindness
- I look forward to professional challenges and I find my work interesting.

Social Awareness

Score (0-10)_____

- I give and receive trust and respect through using Active/Deep Listening, Curiosity – asking open questions, and appreciate peoples differing perceptions
- I engage with people through using and observing body language.
- I have Organisational Awareness of cultural, political, social, and economic issues.
- I am able to say NO and defend my wellbeing or my plan for the day
- I do not postpone dreaded conversations
- My communications skills are continually improving, including my ability to influence others.

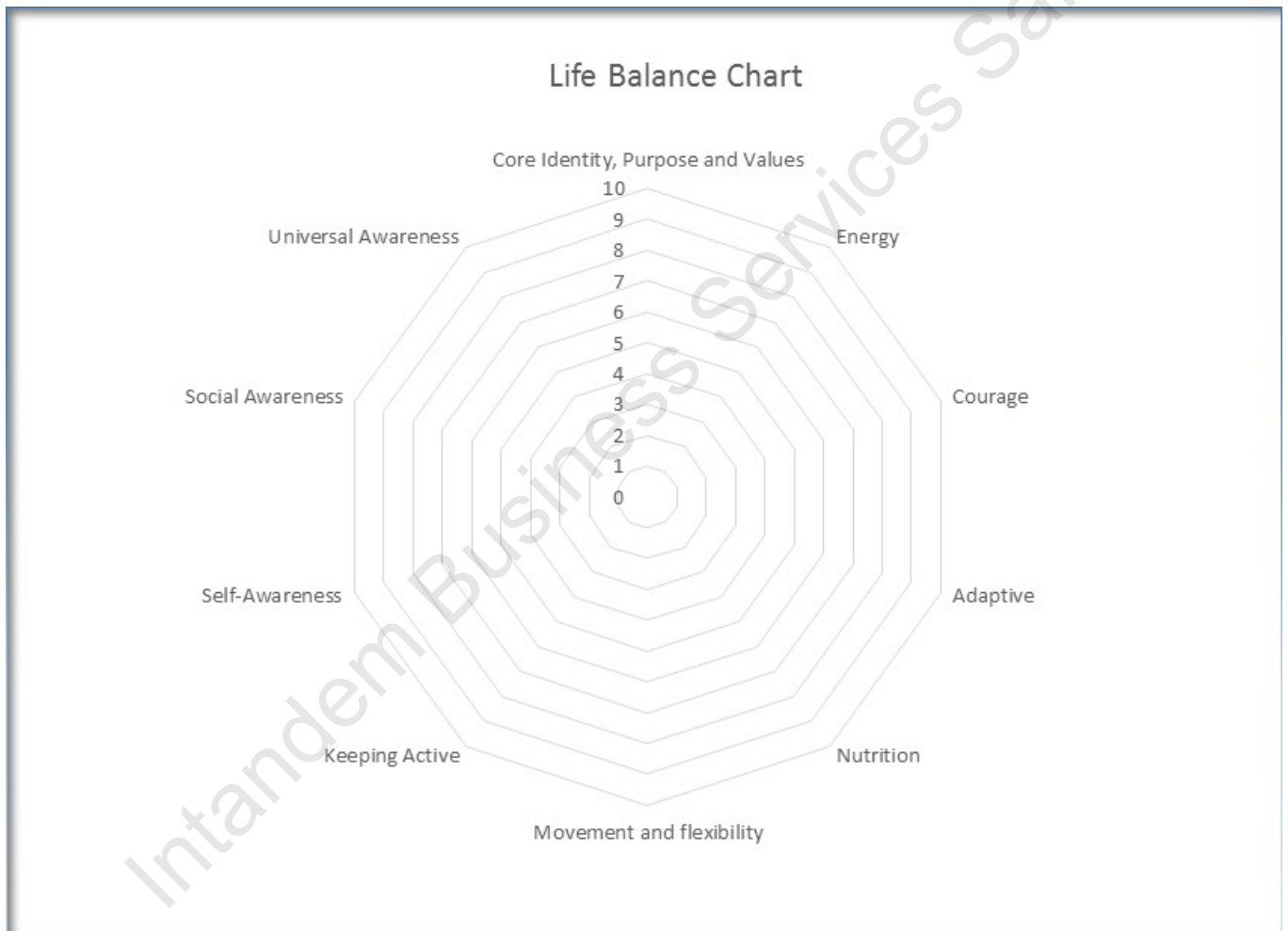
Universal Awareness

Score (0-10) _____

- I keep myself informed of world events and politics.
- I have a keen interest in business and their effects on economic, social and environmental growth.
- I care for the environment and take action on sustainability, recycling, and being “green”.
- I commit time and energy to making a positive difference to others and the environment.

Total

Score out of 100 _____



We, and our network of consultants, can accompany you on your journey towards life balance; accompany your organisation to be a more soulful and conscious place of work; and provide guidance on collaboration for social impact and sustainability.

Email us on contact@intandem.ch if interested to know more.