

Finding Balance Challenge

Come and join Tom and Hayley from Healthy Minds, Better Lives show - learn how to find balance and set up your day so that you get quality time in all areas of your life.

The challenge:

In the busyness of life, it can be hard to find time to enjoy any or all areas of your life. This is an opportunity to take time to find where you are losing time and who is stealing your time, energy, focus, attention and your goals. We're dropping all guilt and focussing on our own time and spending quality time where we want to.

Guide

1. Assess how you spend your time in the next page.
2. Find out where you lose time, waste time and overwhelm yourself.
3. Who or what is missing out?
4. Where can you save time and where can you spend that time better?



Challenge questions
Where do you need balance?
What does balance look like?
What's not working?
What has worked for you?
What are your fears around taking control and creating balance?

In the boxes above define the life areas you would like to find balance.
Here are some examples of life areas
Self, Health, Relationships,
Professional, hobbies, lifestyle,
travel, etc



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Time line assessment: use this document to assess where you spend your time. Start on the left hand side and start when you get up, it's easier to use half an hour





Finding Balance challenge

Find your why: This is an important part of the challenge, understanding who is going to win when you find balance and spend your time more wisely. Think family, you, partner.



Who is going to win?

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