

The 8 Areas of Life

It's so easy in today's world to get caught up in the rat race of work and the ever demanding needs of our employers or businesses. The result is that we often let some, if not all of the other areas our lives fall by the wayside.

To live a balanced life, it's important to understand what the 8 key areas to a balanced life are. Once **you understand** them you can start to think about how happy you are in each of the 8 areas and what you may need to **change to improve** your balance.

This worksheet outlines the 8 areas of life, what they involve and some thought provoking questions at the end of each area of life to get you started. These questions are designed to get you thinking about where you are right now and also **where you would like to be** so you can begin to work on bridging that gap.



Health

This is about **how you physically feel**. Do you feel healthy, do you have any illnesses, are you regularly sick or do you have a great immune system and rarely get sick?

You are what you eat... What's your diet and nutrition like? Are you overweight and feeling lethargic or do you feel well, full of energy and in shape?

Do you have any physical injuries, how's your mobility and flexibility, do you feel fit and healthy in your body? Are you as strong as you would like, do you have the level of coordination you hope for, do you have the endurance and stamina to do the physical activity you want to do?

And maybe even some crazy physical skills if you are up for the challenge? Things like doing a human flag, handstand push-up or a backflip...

Some questions to help you assess your situation:

Are you in shape?

Are you taking care of your body?

How long has it been since you've been sick?

Do you have any injuries or limitations?

How is your body doing?

Are you eating the things you know that are bad for you?

Are you educating yourself on good nutrition?

Has your body been telling you things you've been ignoring?

Do you want to be able to do more things with your body?

How can you make it better?

Personal Growth

This area is about your **brain power**. Your interests, skills, cognitive abilities, creative expression and general knowledge/intelligence.

Think of these as your “mental growth”.

It’s really about **increasing your awareness** of what’s going on around you. Reading books, watching documentaries, taking courses, basically improving your knowledge overall.

Some questions to help you assess your situation:

How many books have you read in the last year?

Have you been watching any documentaries recently?

How many courses have you not only started but completed in the last year?

Have you done something creative?

Have you exercised your brain recently?

What skills would you like to learn?

How is your mind doing?

Could it be better?

How can you improve it?

Business / Career

Really this area of life is a way to make a financial return for the time that you put into it.

It's split into two areas of business and career as you are either working for someone or for yourself.

It's important to understand what this encompasses and also how we can set goals both for achieving more but also doing less if that's what it takes to get more balance back.

It may be about thinking about your career path if you are working for someone, it may be considering some changes in your business if you are your own boss, it could even be considering swapping over from an employee to an employer or vice versa, lots to think about in an area that takes up a good portion of your waking hours.

Some questions to help you assess your situation:

Are you happy working in your current industry?

Are you enjoying working for your current employer?

What are your colleagues like and do they lift you up or knock you down?

Are you happy running your business in its current capacity?

Do you have a good team of people around you?

How many hours a week are you really working?

How do you want this to be?

Financial

This really comes down to money, both money coming in and how you have it going out.

So are you earning the amount of money you want to, or the amount you need to? These are often two very different things.

Are you living in the house you want, driving your ideal car, do you own that boat you've always wanted, whatever it may be. It's not selfish to **set high standards for yourself**. You deserve to live a life of luxury and so does everybody else!

How about on the flip side, are you saving enough money for your kids' education, do you have a savings plan, do you have an investment strategy and investment portfolio, what is your net worth?

How much money are you saving? Try each time you get paid move a set sum of money into your savings / investment portfolio every month and get used to living without it. Aim for 80% / 20% if you can...

Some questions to help you assess your situation:

Are you happy with your current income?

Do you live in the house you want in the location you want?

Are you driving around in the type of car you want?

What other possessions would you like that you don't currently have?

What possessions do you have that you are really grateful for?

Do you have more money coming in than going out?

Do you have a good investment / savings plan in place?

What is your current net worth and is it in the positive or negative?

Contribution

Something that you do to give back to society. It's been proven over and over again that people who give back to society have a better overall happiness and wellness.

It could be a financial donation to charity, it could be donating your time to charity or volunteer time at local animal shelter.

It could be offering to help a friend or colleague out and not expect anything in return, even just helping someone in need on the street with their bags, holding a door open, whatever it may be, it can be money or time.

Contribution really can change your attitude and put you into a positive state. The results from this alone will flow positively into all other areas of your life so try not to glaze over this area.

Some questions to help you assess your situation:

Do you donate money to charity?

Do you donate any time to charity?

Do you offer to help others and expect nothing in return?

When was the last time you gave up some of your time to help someone else?

When did you last part with your money to help another?

Have you helped someone in an act of random kindness in the last 30 days (carried a bag, held a door open, anonymously brought someone lunch etc)

Free Time

This is exactly as it says it is, your free time to do whatever you want to with.

This is the **time to relax** and use your free time how you want to. Free time could include sporting events both watching and competing, going on holidays, any hobbies you enjoy pursuing or just general **fun in your own time**.

Try being spontaneous from time to time and go exploring in your local town or city, get in touch with nature, whatever will add another dimension to your life and make you happy.

Whilst this is 'free time' if you can plan this time, if you schedule it, you should be able to free your mind from all other distractions of life. So just like a business meeting, place the free time in your calendar, what you do in that time is up to you, just don't make it work related!

Some questions to help you assess your situation:

Have you forgotten what your hobbies were?

Are there any new hobbies you might like to take up?

When was the last time you went on vacation?

Do you have any vacations planned in the next year?

Which places you would like to travel to in the world?

Have you spontaneously played or watched any sporting events recently?

Have you been a tourist in your own city and just explored?

Have you even considered just trying a new activity outside of work?

Relationships

This area is about your relationships with other people. It could be your partner, your children, other family members like parents or siblings and your friends.

It's about having **good relationships** with all these people. A great way to ensure this is good communication with them and **investing time** with them.

It could even be how you treat other people, complete strangers on the street. Do you approach people in a happy, positive upbeat manner?

Do you ever just smile at a stranger in the street for no reason? If so how do you think that makes them feel and how does it make you feel, take note of others reactions when you do this.

Some questions to help you assess your situation:

How is the relation with your family?

How are your relationships with your friends?

How does your partner feel about your relationship?

How do you feel about it?

How do you treat strangers on the street?

Would you like to be treated that way?

How are your relationships in general?

Could they be better?

Spiritual

This is a pretty abstract concept to explain since many people don't consciously decide to grow in this area.

It essentially embodies your beliefs about this world. It could be your religion whether it be Catholic, Christian, Buddhist, Muslim or any other religious beliefs.

It could be more new age with how you feel you fit in the universe with things like meditation.

It's **important to practice** some form of mindfulness as this can have a huge impact on your overall happiness, health and stress management. That could be through prayers, meditation or just quite **time to reflect**.

This really does add an extra layer of depth to your life and is one area that so many people let fall by the wayside or don't even consider. If you can get this in balance other areas of your life will start taking shape nicely too!

Some questions to help you assess your situation:

Do you feel you understand what spirituality means to you?

Are you in any way religious and if so are you spending enough time and energy here?

Do you pray on a regular basis?

Do you think you know what your place is in the universe?

Have you ever tried meditation and do you practice mindfulness?

If so, how often and for how long?

How can you change your beliefs?