



MY

# Wellbeing Balance Audit

Do I? (tick box/es if you agree)

P

M

E

I

Average 7-9 hours of sleep each night



Get involved in volunteering/community service once a quarter



Schedule quality time each week for friends / family



Schedule time each week to do something I love - me time



Expand my knowledge - prioritise learning each week



Exercise at least 3 x 30 mins p/week?



Ensure I do something kind for another person each week



Invest 3 x p/week in stress reduction activities



Spent time each week in nature?



Focus on having a growth mindset - I can ...



Invest in developing strong relationships at work



Regularly check into the alignment of my life to my values



Have short and long term goals written down that I track against



Choose healthy food 80% of the time



Carefully select who I spend my time with



Make sure I move my body at least 3 hourly



Drink at least 1 -2 litres of water p/day



Take responsibility for myself



PHYSICAL

MENTAL

EMOTIONAL

INTERNAL

WHEN WE CREATE BALANCE AND PRIORITISE HABITS OF HEALTH IN ALL FOUR DIMENSIONS OF SELF WE FEEL HAPPIER, MORE MOTIVATED, FOCUSED AND PRODUCTIVE

HOW BALANCED ARE YOU ACROSS ALL FOUR DIMENSIONS?