Balanced Life Worksheet

#1: Identify Activities

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The Emotion Machine

This is a very simple worksheet to help you identify common activities you take part in on a daily basis. Just leave a check next to each item. After going through each category you should have a general overview of how you spend your time. Feel free to add any activities I might've missed to the bottom of each category.

Please Note: For many activities there will be overlap between one or more categories. Don't worry about this and just add items to the category you feel fits best.

Health		Financial		Social		Mental		Creativity		Spiritual	
Shower		Job		Time with friends		Read books		Play music		Prayer	
Brush teeth		Freelance		Time with family		Follow news		Painting		Meditation	
Trim nails		Set budget		Time with lover		Puzzles		Photography		Charity	
Wash face		Pay bills		Respect coworkers		Video games		Dancing		Volunteer work	
Clean clothes		Savings		Go out to dinner		Education		Film-making		Introspection	
Eat healthy		Research prices		Go to bars/clubs		Writing		Writing		Religious texts	
Stretching/yoga		Coupons/Discounts		Go to parties		Documentaries		Poetry		Place of worship	
Running		Retirement plan		Vacations		Debates		Design		Spiritual retreats	
Lifting weights		Investments		Join local groups		Meditation		Gardening		Time with nature	
Sports		Negotiate		Blogging		Listen to music		Cooking		Acts of compassion	
Sex		Sell old items		Social media		Try new hobbies		Acting		Express forgiveness	
Dancing		Fiscal responsibility		Networking		Time management		Comedy		Express gratitude	