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.

<u>Please Note</u>: 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