

Module #7 “Is Your Life in Balance?” Workbook

***You Must Be a Member of the Forums to Submit**

Greetings,

Please save it to your desktop or laptop.

It is best to use a word processor.

Please complete all lessons in this module.

**Once you’ve completed this module you will be able to submit all workbooks to
homework@lifecoachbootcamp.com**

This workbook is available in a PDF or Microsoft Word format.

Respectfully,

George

Your Name:

Your Forum Nickname:

Your email address:

Your Phone Number:

Your City & Country:

Live a Balanced Life

1. Do you put your needs first? Why?
2. Would you say you are satisfied with your professional life? If not, what challenges are you facing at work?
3. Do you feel loved and wanted in your present relationships? If not, what changes are you planning to make?
4. Would you say you are emotionally healthy? On the scale of one to ten, how would you rate your emotional health?
5. Are you a part of any community? If no, why?

The Essay

Good Health

How many times a week do you eat unhealthy food?

Do you find yourself skipping breakfast? How does it impact your day?

Do you make appointments with doctors for checkups? If no, why not?

Do you make time for family and friends? How often do you pay them visits?

On the scale of one to ten, how would you rate your health? What changes do you think you can make to improve your health?

The Essay

Healthy Emotions

1. Do you also find yourself running away from your emotions? Why do you think you do that?
2. How much time do you spend in the sun?
3. What measures you do take to vent? Do you prefer talking to your loved ones or do you prefer anonymous chats?
4. How often do you exercise in a week?
5. What additional steps do you think can help you improve your emotional health?

The Essay

Bad Work Habits

1. Do you love your job? What new opportunities has your job rendered you?
2. Do you also find yourself compromising on your meals? Why do you do that?
3. Do you prefer taking days off work when you get sick, or do you force yourself to come into work?
3. Do you also engage in gossip? Do you think it has affected your productivity?
5. How good are you at managing time? Do you create to-do lists and stick to them?

The Essay

A Healthy Job

1. Many people today say money doesn't matter. What's your take on it? Do you think it matters?
2. Would you say that you work in a healthy environment? List the things you feel are great about your current job.
3. Are you willing to move to a better job? Why do you think your current job isn't fulfilling your needs? List the reasons.
4. Do you have a plan for making a successful switch? Are you practicing for interviews?
5. What additional steps are you planning to take to create a healthy work-life balance?

The Essay

Get Involved in a Community

1. Are you a part of any community? How has it helped you?
2. What challenges have you tackled with the help of the community?
3. How have you grown personally after becoming a part of the community? What changes have you observed in yourself?
4. How has becoming a part of a community improved your networking skills?
5. Would you like to start your own community? What are your goals and what would you like to achieve?

The Essay