**My Balance Sheet:**

Starting with any box that appeals, work you way through and write the summary of your thoughts in that box. If you get stuck see the instructions for loads of ideas and exercises:

|  |  |  |
| --- | --- | --- |
| **The things I love and hate doing:** | **The roles I play in my life:** | **My important relationships:** |
| **What I value:** | **What I’m good at (skills):** | **What I know a lot about (knowledge):** |
| **What I am experienced in:** | **What energizes and motivates me:** | **How I divide up my time:** |

**My Dream Sheet:**

Your dream sheet is about who you would be, if you could be exactly how you wanted – think about completing the sentence “You think I am the happiest person you know because:

|  |  |  |
| --- | --- | --- |
| **You see me doing:** | **You see me as:** | **You see me spending time with:** |
| **If I died tomorrow you would be proud of the way I:** | **People are drawn to spend time with me because:** | **I use my skills, knowledge and experience wisely to:** |
| **The way I behave is aligned with what I believe, and you find me authentic:** | **I am proud of:** | **I do xxx and xxx and never get weighed down by yyy:** |

**My Balance Plan:**

I will change a few small things to get a better Mum-Life-Balance, as follows:

|  |  |  |  |
| --- | --- | --- | --- |
| **Thing I want to change:** | **What it will look like when I have changed:** | **The actions I will take, and date I will review and complete them by:** | **Who I am going to ask to help, and what they can do to support me change:** |
|  |  |  |  |
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