

HOLISTIC LIFE WORKSHEET



There is no choice. The erstwhile boundaries between workspace and personal space will blur even more. Only when we develop as a person holistically will we be able to lead ourselves, our teams and our organisations with creative passion and authenticity - especially in a world of chaos and unpredictability. An insightful worksheet to unpack this further.

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INSTRUCTIONS

There are eight segments - each has 5 questions.

You are invited to rate yourself on each question on a scale of 1-10 by **ANSWERING THE QUESTION** - How happy/ satisfied I am on my current state on this topic?

Scale

1 - Not happy at all
10 - Extremely happy

Take a print out o this doc to note down the scores in box provided or note it separately on a paper/ excel sheet

Interpretation

Any score below 7 whether a simple average or individual element is draining energy from your life. Any score 8-10 is adding energy and happiness.

ACTION

Celebrate the high scores, Reflect on the low scores and take action.

You are welcome to book our powerful deep dive strategy session called 'Find your balance'- we help reveal blind spots and connect the dots to unleash your personal energy.

LETS START

CAREER

1. Do I have a clear vision?
2. Is my career fulfilling my life purpose?
3. Am I getting expressing my true self in my career?
4. Am I proactively leading my career or is someone else controlling it?
5. How well am I performing?



FAMILY

1. Relationship w/Spouse/ Partner, if any
2. Children/ Parenting
3. Parents
4. Siblings
5. Home atmosphere



FINANCES

1. Income/ Earnings
2. Expenses
3. Budgeting/ planning
4. Future financials
5. Abundance (rich in life experiences)



RELATIONSHIPS

You can answer this for two quads - personal and professional

1. Trust
2. Boundaries
3. Mutual Support
4. Communication
5. Camaraderie



REMINDER

ANSWER THE QUESTION

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HEALTH

1. Nutrition/ quality of food
2. Physical stamina
3. Sleep - amount/ restful
4. Medical conditions
5. Self care



FUN & ENJOYMENT

1. Hobbies/ pastimes
2. My outlets for stress
3. Humour/ laughter in my life
4. Creative outside work
5. Spontaneity in my life



PERSONAL DEVELOPMENT

1. Professional development
2. Work life balance
3. Self regulation of inner critic
4. Growth in holistic wisdom
5. Personal goals achievement



SPIRITUALITY

1. In touch with inner wisdom on this topic
2. Faith/ Practice/ritual
3. Mindfulness
4. Practice of gratefulness
5. Connection with higher energy source -however you define it

TO BOOK A SLOT

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