Balance: Balance for You, Too

Understanding why you are not balancing the activities in your life is a difficult lesson to learn. It is often related to feeling “too busy.” Try this self-discovery diagnostic to determine the root cause if you are the part that is out of balance. Read the list of reasons that could be contributing to your feelings of being out of balance. Decide whether each is a large, medium, or small factor.

- You work too hard and try to help too many people because . . .
- You feel you are not good enough. You feel you need to prove something.
- You take other people’s problems as your own.
- You spend too much time thinking about what other people think about you.
- You carry a sense of guilt which you try to alleviate by what you do.
- You are too distant from yourself as you are pulled in different directions.
- You don’t know how to ask for help.
- You don’t know how to receive help when it’s offered.
- You feel tired and low in energy because of imbalanced nutrition.
- You don’t know how to stop, relax, and rest.
- You mix with people who are not good for you.
- You worry and obsess about things that are outside your control.
- You’ve been disconnected from what you love to do for too long.
- You have something urgent you have to do before anything else and you are not doing it.

After you have answered the questions, take your results to your manager, coach, or supervisor. It is not easy to discuss this topic with others. However, once you know why you always seem to have too much to do it is easier to pinpoint the root cause. Ask your manager, coach, or supervisor for ideas to help with this imbalance.