

## Reflecting on my personal equilibrium

In the following chart, you will find different spheres of life that are important for your personal wellness and equilibrium. In the empty bubbles, write all other spheres of your life you believe are also important, that enrich your life and make it satisfying. You'll also be able to add domains in which you invest yourselves. You can also write any sphere of your life you believe are neglected at the moment, but that ideally, would be part of your life in order to live a balanced and gratifying life. Complete by an important example for you. If you are partnered, you can add "partner" in one of the empty bubbles to represent the quality of the investment and engagement, the intimacy, romance, sexuality and love in your partnership.

Then, evaluate each bubble to the degree you feel your needs are met in that specific sphere of your life. Evaluate your degree of satisfaction on a scale from 0-10 and circle the number on the suggested scale for each sphere. If you are visual, you can color the surface of the bubble to correspond to the proportion to which it is met in your present life (for example, if you are 50% satisfied of a sphere, you could color half of that bubble).

Go with your own perspectives and needs and not with what you believe is the norm or of what you think is expected of you. Needs are different for everyone. For example, in order to feel 100% satisfied of the "physical activity", one could wish to ideally participate in five trainings of 30 minutes per week but someone else could be fully satisfied by participating in two trainings of 30-45 minutes per week. Our needs are all different, base your answers on your personal needs.

Connect the circled numbers to illustrate the *form* of your equilibrium/disequilibrium. This will create an image resembling a spider web. You'll then be able to have a visual idea of which sphere needs more of your attention.

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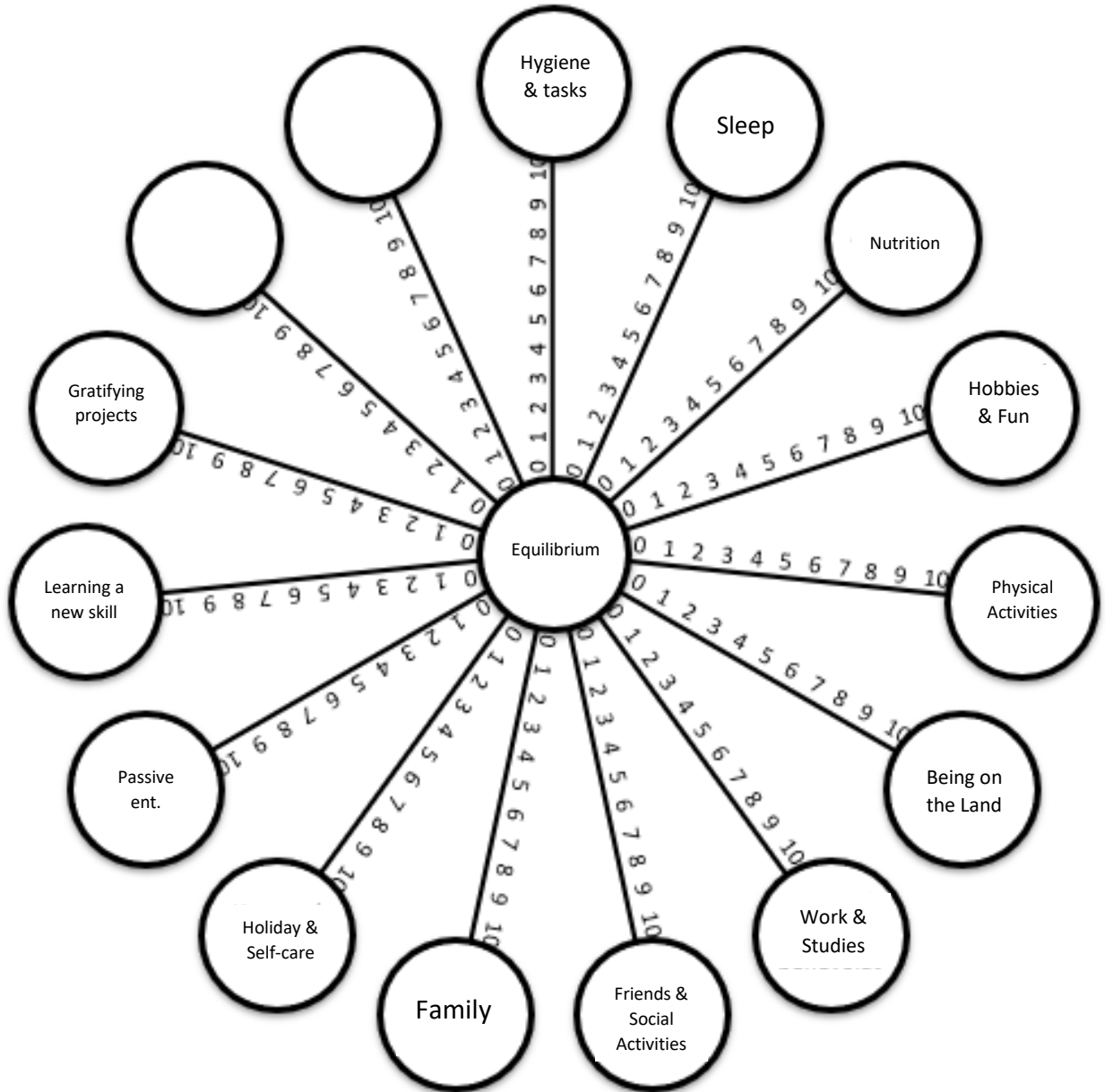
Precisions on some "spheres"

- **Hygiene/ Completing tasks:** These objectives aim for your personal cleanliness and of your home. Also include objectives that help alleviate your workload thus lower your stress level (for example: housework, filling paperwork, cleaning a room, construction projects/renovations/landscaping, etc.)
- **Hobbies/Fun/Games:** This refers to any fun activities that we choose to do. Hobbies distract and keeps our minds busy. They embellish our day-to-day life by bringing variety to our routines and can heighten our feelings of self-efficacy and self-confidence (for example: laughing, dancing, *singing*, drawing, *sewing*, *hunting*, *beading*, *fishing*, etc..)
- **Physical activities:** This category's objectives correspond to any form of activity implicating relatively active movement (for example: take a walk, swim, running, riding a bike, going to the gym, etc.)
- **Work/Academic studies/volunteering:** Evaluate your degree of satisfaction attached to the tasks and time spend at work, studying or volunteering. Keep in mind that, "*too much of a good thing is a bad thing*"!

Translated by Emilie Labrie, Trainer in Psychosocial Intervention, from the tool : « *Exercice de réflexion sur mon équilibre personnel* » from : Isabelle Soucy, Ph.D. (2021). *Calme au cœur du chaos : Stratégies et exercices pour cultiver l'équilibre au quotidien*. Montréal : Les Éditions de l'Homme, p. 87.

- **Social activities:** This sphere of activities encourages the sense of belonging, of social validation and is source of positive reinforcement coming from the others (for example: sense of belonging, social support, compliments, motivations coming from others, etc.) It also helps reduce the feeling of solitude and the tendency to isolate oneself. These activities reinforce the feeling of connection to humanity (for example: to participate in groups of common interests or support groups, have a dynamic conversation, meet new people, etc.).
- **Passive Entertainment:** Non active sources of fun (for exemple : watching TV, going to the movies, seeing shows, reading, playing video games, etc.).
- **Learning activities or practice of an ability:** You can refer to any activity where you can develop your abilities and competencies. This type of activity hightens the feeling of fullfilment and pride. Often are activities favoring learning or refinement of abilities such as learning a new language, to play a music instrument, organise an activity or perfect an art form.
- **Personal gratifying projects:** Are gathered here all activities that proccur a sense of validation, progress and accomplishments (for example: renovations, writing, creating a workshop, cooking a new receipie, gardening, starting a small business, building something, etc.).
- **Partnership:** You can add in this sphere, if applicable, commitment, intimacy, romance, sexuality and love present in your partnership.
- **Other ideas of spheres to add:** Art, music, traveling, culture, spirituality, any passion that was not mentioned or that deserve its own bubble because of its importance in your life.

# My personal equilibrium chart



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