

# Finding Balance in all Aspects of Life

## BALANCED LIFE SELF-ASSESSMENT

**Instructions:** Read and reflect upon 1 Timothy 4:14-16. Then read through the descriptions below. For each aspect, answer the following: One healthy habit I want to continue; One unhealthy habit I want to break; One healthy habit I want to start or resume. Record your thoughts in the chart on the back.

### **Connect with Nature**

Connecting with nature is more than admiring a brilliant sunset or vibrant rainbow. Nature can nourish, sustain, and heal us. Feeling the cool crisp air against your skin, breathing in the fragrance of the first spring shower, or listening to the symphony of sounds on a warm summer evening all speak to the awe and wonderment of God's gift of nature.

### **Emotional Health**

Being emotionally healthy means feeling the full range of human emotions and expressing them appropriately. Self-awareness is the first step. Recognizing and honoring your own feelings and those of others – stress, contentment, anger, love, sadness, joy, resentment – will help you live life abundantly.

### **Spiritual Health**

Living a centered life focused on God affects each aspect of our life. Turn to God for strength as you seek to live well in Christ. Nurture your relationship with God through prayer, devotions, worship, nature, art, and music. Explore who you are and know whose you are.

### **Gifts & Talents**

We all have a calling – a vocation – to follow Christ's example by living a life of meaning, purpose, and service to our neighbor. Our vocations make up our life's work and passions – they are the everyday roles through which God calls us to help make this world a better place. Those who are well vocationally are faithful stewards of their gifts and talents, and find opportunities to build and use them.



### **Financial Health**

Being financially healthy involves making decisions based on our values, as reflected in the way we save, spend, and share. Tending to one's financial well-being in this way requires us to be resilient, generous, and focused on sustainability.

### **Nutrition & Fitness**

While we are not all born perfectly healthy or able to live life without injury or illness, we can live well by tending and nurturing our body as a gift from God. Feed it healthy foods, keep it hydrated, build physical endurance through regular exercise, and respect your body's need for rest.

### **Social Health**

We are created by God to be social beings, living in community and instructed to help and love each other. We maintain social health through interaction, play and forgiveness. Take time to nurture your relationships with family, friends, congregation and co-workers.

### **Intellectual Health**

Using our minds keeps us alert and active. Stay curious, ask questions, and seek answers. Explore new responsibilities, experience new things and keep an open mind. Remember, knowing when and how to let your mind rest is as important as keeping active.

*“We are not what we shall be, but we are on the way. We can't be “whole” in this life, but we can become acquainted with the wholeness to come by striving to live well in the key aspects of life.”*

- MARTIN LUTHER

# ***Finding Balance in all Aspects of Life***

|                     | Healthy Habit to Continue | Unhealthy Habit to Break | Healthy Habit to Start or Resume |
|---------------------|---------------------------|--------------------------|----------------------------------|
| Connect with Nature |                           |                          |                                  |
| Emotional Health    |                           |                          |                                  |
| Spiritual Health    |                           |                          |                                  |
| Gifts & Talents     |                           |                          |                                  |
| Financial Health    |                           |                          |                                  |
| Nutrition & Fitness |                           |                          |                                  |
| Social Health       |                           |                          |                                  |
| Intellectual Health |                           |                          |                                  |