

# ***Find Your Balance!®***

***An extract from the interactive coaching event  
for those who want to identify what matters most!***



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# Self-Awareness: *An Exercise in Grounding*

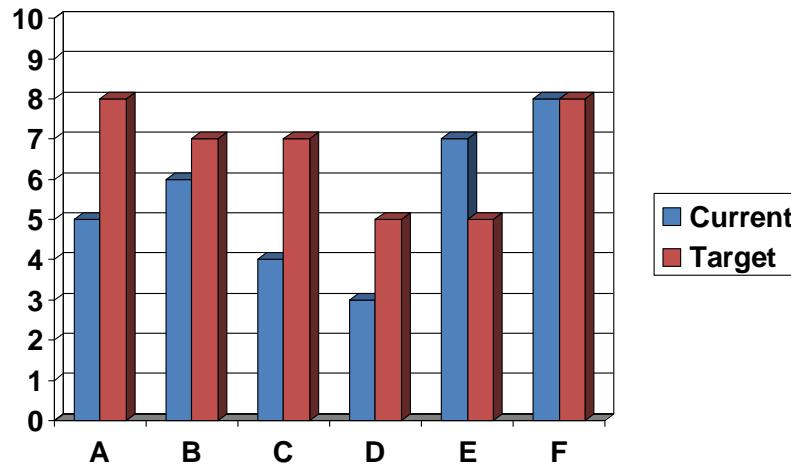


Handwriting practice lines for the right side of the page. There are two sets of horizontal lines: a top set and a bottom set. Each set consists of a solid top line, a dashed midline, and a solid bottom line.

Begin with a preliminary gap analysis.

Consider what your current reality looks like now, and consider how you would like it to look – that is, what your desired future state would look like.

# Energy Expenditure: *Gap Analysis Graph*



The approach is simple: think of relatively large segments of your life where your energy goes.

First, identify 5-8 roles or aspects - they might be: Teacher, director, spouse, parent, friend, volunteer, entrepreneur, personal wellness.

One aspect I recommend including is where you focus on self-care or wellness.

Next, give yourself two ratings on a scale of 1-10, with 10 being highest level of energy expenditure.

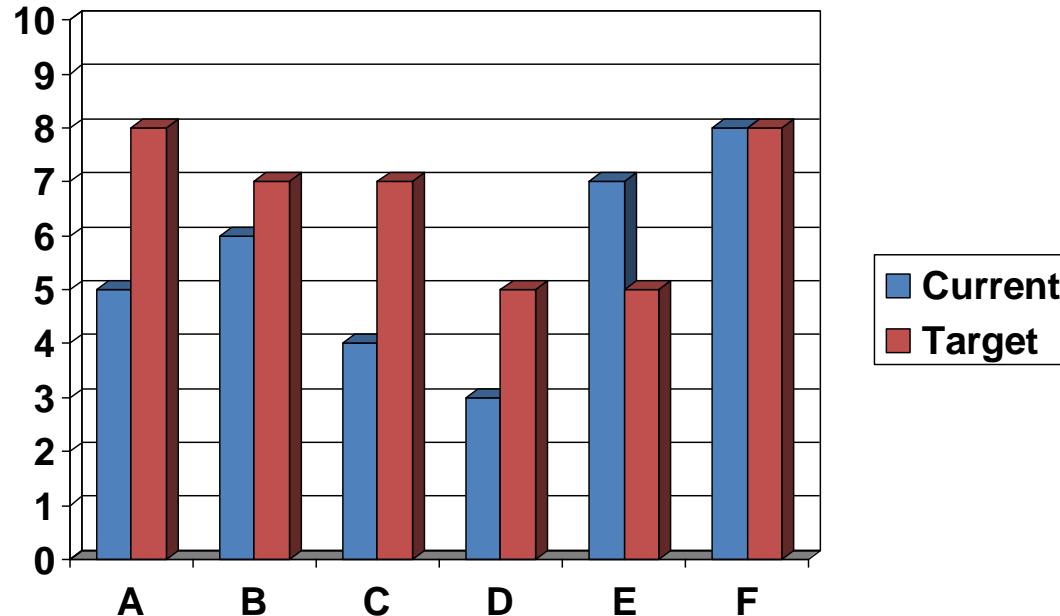
- The first rating is how you view this role currently, the second is your target for this role – at this time.
- Your emphasis can and will shift over time; this is a snapshot in time.

Now these ratings are plotted on the graph, as shown in the example.

This completes a simple gap analysis between where energy is being expended, and where that energy expenditure could be shifted to either more or less energy across different parts of life.

# Energy Expenditure:

## *An Example*



In the example, role F is pretty much where you want it to be; B is close; the gaps in A and C point to some additional energy to be directed there; also for role D but given the target, maybe it can wait (e.g. Spanish speaker); and E – it looks like change here may be a source for what's missing elsewhere, whether it's time, energy or effort. Maybe this is where you're sucked into the vortex – perhaps at work? Too much time to community/volunteering? Give yourself permission to back off. Perhaps move away from the illusion of control & perfection; move to more delegation?

# Energy Expenditure

## *Create Your Graph*

Take some time now to identify which roles you play in your life – some roles are permanent, some of them are transitory. Again, this is an opportunity to reflect and gain self-awareness.

Name the roles along the bottom of the graph on the next slide (print this as a worksheet). Next plot your current rating from 1-10 followed by where you think you want the energy expenditure to be for that role. Sometimes we're exactly where we want to be, sometimes it's not enough; for another role there may be too much energy being expended and it may warrant less.

And know that it's important and powerful to leverage your strengths. This isn't about finding fault, but in gaining understanding so that you can choose to make changes. Don't beat yourself up; think how what you do in one role can be put to use in another.

Take your time – do this when you will not be interrupted and can reflect on **what matters most**.

# Energy Expenditure

## *Create Your Graph*

