

Life Balance Action Worksheet

Turn assessment insight into one practical 14-day experiment.

Web version: <https://beyondpsychub.com/life-balance-action-worksheet/>

Matching assessment: <https://beyondpsychub.com/life-balance-assessment-coaching-self-check/>

Use this worksheet after the Life Balance Assessment to turn self-reflection into one focused, realistic action experiment. The aim is not to optimize every area of life at once. It is to identify one high-value gap, protect what already works, and test a manageable change.

Important disclaimer

This worksheet is for coaching, personal development, education, and self-help purposes only. It is not a medical, psychological, or psychiatric assessment, diagnosis, psychotherapy, or treatment tool. If you have a diagnosed condition, think you may have one, or are experiencing persistent or concerning physical or mental-health symptoms, discuss your situation with a qualified medical or mental-health provider. Do not delay professional care because of information or exercises in this worksheet.

Step 1: Capture Your Assessment Results

Transfer your section scores and your 0-10 satisfaction and importance ratings from the web assessment.

Life area	Assessment score	Satisfaction 0-10	Importance 0-10	Priority now?
Work, study and contribution				
Physical energy and daily care				
Relationships and connection				
Personal growth and learning				
Enjoyment and recovery				
Environment and practical stability				

Step 2: Protect What Is Already Working

Improvement is not only about fixing problems. Identify strengths, routines, relationships, or structures that are already supporting you.

Area I want to protect

What is helping

What could accidentally disrupt
it

One protection I will keep in
place

Step 3: Identify the Highest-Value Gap

Chosen area

Why it matters now

What feels out of balance

What is within my control

What is outside my control

Step 4: Remove, Reduce, Add, or Protect



