

WORK-LIFE BALANCE

PART III



Worksheet 12

Without noticing, the rhythm of our days can become lopsided: hours slip by at the desk while life sits on hold. Over time this imbalance strains our health, erodes our relationships, and can leave us with an inner sense of emptiness, as though something essential has been set aside. These reflections will help you restore a rhythm that sustains not only your livelihood, but your whole being.



How many hours each day—and each week—do I dedicate to work?

Count the hours you are actively engaged in work-related activities.



How is work affecting my physical health and emotional wellbeing?

Do you feel consistently tired or stressed? Consider how your eating habits, exercise, sleep, and mood are influenced by the demands of your work.



How does my work schedule affect my time with loved ones?

Who are the people most affected by your absence, fatigue, or distraction? What changes might allow for more quality time with them?



Does my current work rhythm leave space for my spiritual practices and inner growth?

Are you able to set aside time and energy for introspection, meditation, prayer, or study—or do these get pushed aside by exhaustion or the press of daily demands?



Where in your life do you find space for fun, creative expression, and relaxation?

Do you have activities that help you recharge—art, music, writing, sports, gardening, travel, crafting, or something uniquely your own? Are you satisfied with the time and energy you give them? Which would you like to make more room for in your life?



How do you express your gratitude for the abundance and blessings in your life?

In what ways do you share your time, energy, knowledge, and resources in service to others?



Looking at your work rhythm in relation to the other areas of your life, where do you feel the greatest need for better balance?
