



## Life Alignment

### **What Is Missing?**

Review your life. What feels like it is missing? Examples include travel, exercise, challenging work, financial security, friends, spirituality, intellectual stimulation, etc. Write as many items as you can.

### **Wants and Needs**

A need is something you have to have, something you can't do without. A good example is food. If you don't eat, you won't survive for long. A want is something you would like to have. It is not absolutely necessary, but it would be a nice thing to have. A good example is music. Now, some people might argue that music is a need because they think they can't do without it. But you don't need music to survive; you do need to eat.

Wants can become needs, and needs and wants can change over time as situations change.

Looking over the below list, which items are wants and which are needs? (Feel free to add additional wants and needs on the right.)

|             |               |                |       |
|-------------|---------------|----------------|-------|
| Beauty      | Change        | Empathy        | _____ |
| Affluence   | Connectedness | Variety        | _____ |
| Recognition | Harmony       | Balance        | _____ |
| Security    | Autonomy      | Prestige       | _____ |
| Travel      | Health        | Clarity        | _____ |
| Adventure   | Service       | Responsibility | _____ |
| Stability   | Growth        | Limelight      | _____ |
| Routine     | Creativity    | Collaboration  | _____ |

Wants:

Needs:

Try prioritizing your needs.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Prioritize your wants.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **Setting Priorities**

If you had only three months to live what would you be doing?

Assuming those things are important to you, how could you place a higher priority on them?

### **Living a Balanced Life**

Life coaches use an exercise called “the life pie” to help clients visualize where their lives may be out of balance. Clients draw a circle and divide it into seven equal pieces of pie:

1. Spiritual
2. Physical (exercise, diet, and appearance)
3. Fiscal (comfort about monetary issues)
4. Emotional (friends, family, and romance)
5. Work

6. Leisure (travel, hobbies, play, etc.)
7. Mental and Intellectual

Clients then fill in each slice to indicate the degree to which they are fulfilled in that area. The outer rim indicates “totally fulfilled” and the inner portion of the circle indicates “lacking.” For example, if their spiritual life is mostly satisfying, they would fill in most of the slice labeled spiritual.

Which of these seven areas are lacking in your life?

By taking a series of small steps, you can begin to get on track. For example, if your spiritual life is minimal, even sitting still for five minutes or a going to visit a church or synagogue will be helpful. If your physical side is lacking, consider walking for twenty minutes just two mornings a week. If your leisure slice is out of whack, you may want to schedule time for something you love to do each week.

List several steps you are willing to take to create a more balanced life for yourself.

### **Putting It Together**

Looking over this worksheet, what will you commit to. . .

Stop:

Start:

Continue: