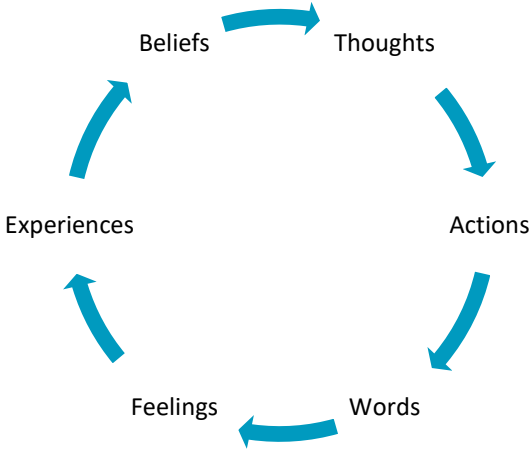


TAMING THE DRAGON: Exploring the Myth of Work-Life Balance (Sonia Byrne)

What does balance look like for you?

- | Work | Home Life |
|-------------|------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

**How It All Begins:
Our Thoughts Create Our Reality**



Thoughts	
Actions	
Words	
Feelings	
Experiences	
Beliefs	

Taming the Dragon Workshop: Self-Care Assessment

As we review each of the Six Pillars of Self-Care, indicate your current level of satisfaction using the 1-10 scale (1 is lowest rating and 10 is highest rating)

Physical	1	2	3	4	5	6	7	8	9	10
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Going for a walk, taking a bath, getting enough sleep, eating nourishing foods

Intellectual	1	2	3	4	5	6	7	8	9	10
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Practicing mindfulness, reading a book, learning a new skill, doing a digital detox

Emotional	1	2	3	4	5	6	7	8	9	10
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Saying no, making time for reflecting on feelings, practicing self-compassion, Being aware of your emotional boundaries

Spiritual	1	2	3	4	5	6	7	8	9	10
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Meditating, reflecting in a journal, going on a retreat, walking in nature

Social	1	2	3	4	5	6	7	8	9	10
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Honoring your commitments to other people, asking for help when you need it, meeting new people, spending time with family and friends

Environmental	1	2	3	4	5	6	7	8	9	10
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Decluttering your home or work environment, monitoring technology time, cleaning up after a meal, maintaining a clean and safe living environment, being surrounded by things that bring you joy.

NOTES: