

Lifestyle Balance Analysis

Take a few moments to score yourself 1 to 5 on both sides of the following list to determine the Yin and Yang influences in your current lifestyle. If your weekdays are very different from your weekends, score your lifestyle from a weekday perspective and then score it again from a weekend perspective to see how they compare.

- 1 – Rarely or Never
- 2 – Sometimes
- 3 – About half the time
- 4 – Often
- 5 – Very Often or Always

The predominate way I live my life is to:

Yin

- Spend lots of time at home
- Rest/Sleep/Nap
- Give time to myself
- Work Alone
- Hang out alone
- Have quiet intimate conversations
- Meditate, journal, reflect
- Read silently
- Lounge
- Speak softly
- Listen more than talk
- Feel grounded
- Feel relaxed
- Feel calm
- Drink non-caffeine drinks
- Prepare home-cooked meals
- Dine leisurely
- Take a leisurely bath
- Leave plenty of time
- Be organized
- Do one thing at a time
- Drive at the speed limit
- Engage in quiet pastimes
- Listen to relaxing music
- Relax in the garden
- Get a full nights sleep

Yang

- Spend lots of time away from home
- Work/Be active
- Give time to others
- Work with other people
- Socialize and Entertain
- Have loud animated conversations
- Move, dance, exercise
- Read aloud
- Do chores
- Speak loudly
- Talk more than listen
- Feel spacey
- Feel stressed
- Feel excited
- Drink caffeine drinks
- Eat already prepared foods
- Eat on the go
- Take a quick shower
- Rush to be on time
- Be disorganized
- Do many things at one time
- Drive faster than the speed limit
- Engage in lively activities
- Listen to fast music
- Work in the garden
- Go to bed late and get up early

TOTAL: YIN

YANG