



Western School of Feng Shui.

Lifestyle Balance Analysis

Take a few moments to score the following list to reveal the influences in your current lifestyle. If your weekdays are very different from your weekends, score it from a weekday perspective and then again from a weekend perspective to see how they compare. Make note of how your current lifestyle could be balanced or enhanced and make any necessary changes as soon as possible.

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

- | | |
|--|--|
| <input type="checkbox"/> Spend lots of time at home | <input type="checkbox"/> Spend lots of time away from home |
| <input type="checkbox"/> Rest/sleep/nap | <input type="checkbox"/> Work/be active |
| <input type="checkbox"/> Spend time alone | <input type="checkbox"/> Give time with other people |
| <input type="checkbox"/> Work alone | <input type="checkbox"/> Work with other people |
| <input type="checkbox"/> Hang out alone | <input type="checkbox"/> Socialize and entertain |
| <input type="checkbox"/> Have quiet intimate conversations | <input type="checkbox"/> Have loud animated conversations |
| <input type="checkbox"/> Meditate, journal, reflect | <input type="checkbox"/> Move, dance, exercise |
| <input type="checkbox"/> Read silently | <input type="checkbox"/> Read aloud |
| <input type="checkbox"/> Lounge | <input type="checkbox"/> Do chores |
| <input type="checkbox"/> Speak softly | <input type="checkbox"/> Speak loudly |
| <input type="checkbox"/> Listen more than talk | <input type="checkbox"/> Talk more than listen |
| <input type="checkbox"/> Feel grounded | <input type="checkbox"/> Feel spacey |
| <input type="checkbox"/> Feel relaxed | <input type="checkbox"/> Feel stressed |
| <input type="checkbox"/> Feel calm | <input type="checkbox"/> Feel anxious |
| <input type="checkbox"/> Feel spiritually connected | <input type="checkbox"/> Feel spiritually disconnected |
| <input type="checkbox"/> Drink non-caffeine drinks | <input type="checkbox"/> Drink caffeinated drinks |
| <input type="checkbox"/> Prepare home-cooked meals | <input type="checkbox"/> Eat already prepared foods |
| <input type="checkbox"/> Dine leisurely | <input type="checkbox"/> Eat on the go |
| <input type="checkbox"/> Take a leisurely bath or shower | <input type="checkbox"/> Take a quick shower |
| <input type="checkbox"/> Not hurry | <input type="checkbox"/> Hurry |
| <input type="checkbox"/> Be organized | <input type="checkbox"/> Be disorganized |
| <input type="checkbox"/> Do one thing at a time | <input type="checkbox"/> Do many things at one time |
| <input type="checkbox"/> Drive at the speed limit | <input type="checkbox"/> Drive faster than the speed limit |
| <input type="checkbox"/> Engage in quiet pastimes | <input type="checkbox"/> Engage in lively activities |
| <input type="checkbox"/> Listen to relaxing music | <input type="checkbox"/> Listen to fast music |
| <input type="checkbox"/> Relax in the garden | <input type="checkbox"/> Work in the garden |
| <input type="checkbox"/> Get a full night's sleep | <input type="checkbox"/> Do not get a full night's sleep |

My favorite Activity is
My favorite way to Relax is