

Well Balanced Center: Calibration Activity

Scoring: 1 = low - not doing well in this area, 5 - high - succeeding in this area

Nourish ____/20

- ___/5 I eat diverse, mostly plant based whole-foods
- ___/5 I eat regularly, and try to include a protein at each meal to stabilize my energy
- ___/5 I try to limit my intake of refined carbohydrates, alcohol and processed foods
- ___/5 I am learning to make peace with food and enjoy the pleasures of eating

Move ____/20

- ___/5 I aim to move around/work my body at least five minutes per hour
- ___/5 I get at least 180 minutes of physical activity per week, goal of 30 minutes/day
- ___/5 I do a full body stretch for at least 15 minutes a day
- ___/5 I do at least two cardio workouts and two strength workouts per week

Center ____/20

- ___/5 Each morning, I set intentions for the day and reflect or reset as needed
- ___/5 I practice mindfulness, journal or recharge for 10-30 minutes a day
- ___/5 I have stress management tools that help, including nature
- ___/5 I have someone to talk with and express my feelings when I get overwhelmed

Rest ____/20

- ___/5 I usually disconnect from screens at least a half hour before bed
- ___/5 I get between seven to nine hours of sleep at least five nights a week
- ___/5 I stop drinking caffeine eight hours before bedtime
- ___/5 I tend to sleep through the night without interruption

Invest ____/20

- ___/5 I have a budget that I review at least once a month
- ___/5 I am content with my monthly income
- ___/5 I have adequate life and health insurance
- ___/5 I live within my means and owe less than 20% of my annual income

Cultivate ____/20

- ___/5 I have a handful of friends/family that I can count on and they can count on me
- ___/5 I have a relationship with my family members that I am at peace with
- ___/5 I help the next generation by sharing my skills and time with them
- ___/5 I have someone that balances me out and encourages me to level up

Lead ____/20

- ___/5 I keep an ongoing to do list and prioritize it daily
- ___/5 I have a mentor in my field/life
- ___/5 I can visualize my realistic career path in the next three to five years
- ___/5 I enjoy my work and feel that I am doing my part in the community

Connect ____/20

- ___/5 I feel connected to my community by volunteering/donating
- ___/5 I do my best to balance giving to others and receiving from others
- ___/5 I seek new perspectives from spiritual leaders in person, podcasts, etc.
- ___/5 I can name and aim to live my personal values

Prepare ____/20

- ___/5 I have a bucket list and a plan to try new things soon
- ___/5 Those that I love are aware of my love for them via my actions and letters
- ___/5 If a tragedy were to strike me tomorrow, my life is in order for my family
- ___/5 I get preventive medical/dental exams and call in sick as needed

JEDI (Justice, Equity, Diversity, Inclusion) ____/20

- ___/5 I realize some cultures have had more power than others
- ___/5 I listen to BIPOC and LGBTQ+ podcasts/speakers with a growth mindset
- ___/5 Sometimes I trip and make mistakes but I vow to apologize and do better
- ___/5 I seek out ways to be an ally, am curious of other's life experiences

Enjoy ____/20

- ___/5 I know where I am in my hormonal journey and know how to navigate them
- ___/5 I have a healthy relationship or avoid alcohol, tobacco and recreational drugs
- ___/5 I feel comfortable in my own skin, am content with the quality of relationship(s)
- ___/5 I find new ways to experience joy and put my phone away a bit each day

Create ____/20

- ___/5 I have art supplies at my home and explore with them an hour or so a week
- ___/5 When I hit obstacles, I have the ability to come up with a few solutions
- ___/5 I am as or more curious than those in my sphere of influence
- ___/5 I allow my mind and body to explore ideas most days