

Healthy Balance — Personal Scale

Check in. Reflect. Find your balance.

Balance does not mean giving every part of life exactly the same amount of time. It means noticing whether the way your energy, attention and responsibilities are distributed is sustainable for you.

At different stages of life, the scale will naturally move. Work may need more from you for a while. Family responsibilities may increase. Health, grief, change or stress may mean rest needs to take priority. The aim is not a perfectly level scale every day — it is to notice when one side has become so heavy that your wellbeing is disappearing underneath it.

Your balance is personal

What restores one person may drain another. Socialising may be energising or exhausting. Exercise may feel supportive or become another demand. Quiet time may be essential rather than optional. This worksheet is about your own nervous system, values, responsibilities and needs.

Think of your personal scale

Demand side: work, responsibilities, caring, appointments, admin, deadlines, household tasks, emotional labour and other people's needs.

Restoring side: sleep, rest, nourishment, movement, relationships, enjoyment, creativity, quiet, sensory regulation, nature and time that belongs to you.

Neither side is 'bad'. Responsibilities matter. The question is whether there is enough restoration to support what life is asking of you.

My Personal Balance Check

Rate each area from **0–10**, where 0 means it is almost absent and 10 means it currently takes up a very large amount of your energy or attention.

Area	0–10	What I notice
Work / study / productivity	_____	
Responsibilities / caring	_____	
Other people's needs	_____	
Household / life admin	_____	
Rest and recovery	_____	
Sleep	_____	
Physical needs / nourishment	_____	
Relationships / connection	_____	
Enjoyment / play / creativity	_____	
Time alone / time for me	_____	
Movement / outside time	_____	
Emotional wellbeing	_____	

What stands out?

The heaviest demand on my scale is: _____

The area receiving least attention is: _____

The thing I most need more of is: _____

What Is Weighing Me Down?

Sometimes imbalance comes from one major pressure. More often, it is the accumulation of many small demands.

My current weights

Demand / responsibility	How heavy does it feel?	Can anything change?
_____	Low / Med / High	Yes / Maybe / No
_____	Low / Med / High	Yes / Maybe / No
_____	Low / Med / High	Yes / Maybe / No
_____	Low / Med / High	Yes / Maybe / No
_____	Low / Med / High	Yes / Maybe / No
_____	Low / Med / High	Yes / Maybe / No

Look for invisible weight

Emotional labour, masking, decision-making, remembering everything, anticipating other people's needs, sensory overload, worrying, travelling, switching between tasks and recovering from social interaction can all use energy even when they are not visible on a traditional to-do list.

What am I carrying that other people may not see?

What Puts Something Back on My Scale?

Restoration is broader than simply stopping work. Think about what genuinely helps your body and mind recover.

Restoring area	How much do I get now?	What would 'enough' look like?
Sleep / physical rest	_____	_____
Quiet / sensory recovery	_____	_____
Food / hydration / physical care	_____	_____
Movement / fresh air	_____	_____
Safe connection	_____	_____
Enjoyment / hobbies	_____	_____
Creativity / curiosity	_____	_____
Time alone	_____	_____
Unstructured time	_____	_____

Rest versus recovery

Not everything that looks like rest is restorative. Scrolling while worrying, lying down while mentally working, or cancelling plans only to catch up on admin may not give your system the recovery it needs. Ask yourself: *After doing this, do I feel even slightly more resourced?*

Rebalancing My Personal Scale

You do not have to redesign your entire life. Small changes can alter the weight on the scale.

1. What can I reduce?

A task, expectation, commitment, perfectionistic standard or unnecessary demand:

2. What can I share or ask for help with?

3. What needs a boundary?

4. What do I need to add?

Rest, nourishment, movement, connection, quiet, enjoyment, support or something else:

5. What can be 'good enough'?

My one-week balance experiment

I will reduce...	I will add...	I will protect...

A Message From Me

It is very easy to look at balance as another thing you should be getting right.

But your personal scale is not a test.

There will be times when life is genuinely demanding and the scale cannot be perfectly even. What matters is noticing when you have been carrying too much for too long without enough coming back in.

Your needs are not extras that you earn after every responsibility has been completed. Rest, food, sleep, quiet, connection, enjoyment and time for yourself are part of what enables you to keep functioning.

Look for the smallest adjustment that could make the scale feel a little more sustainable. One boundary. One task shared. One evening protected. One expectation softened. Ten minutes of quiet. A proper meal. An earlier night. Something enjoyable that has no productive purpose.

Balance will look different for everyone — and it will look different for you at different times in your life.

The aim is not a perfectly balanced life. It is a life in which you are included in the things you take care of.

Space to Breathe Therapy

This worksheet is intended for psychoeducation and self-reflection and is not a substitute for individual medical or mental-health assessment or treatment.