

## 12 AREAS OF YOUR INNER BALANCE



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How do you balance your all areas of life? Over the past years working with my clients, I realised that they do not have space to imagine their future, and they lack of tools to explore the potential of their best possible future. I have created tools to help them grow and succeed based on 12 areas of inner balance. One of them is an **Inventory Balance**.

Please, take your precious time for reflection and for each category in the twelve areas of your Inner Balance, rate your life on a scale of 1 to 10, with 1 being low and 10 being high. This isn't a test! You don't need to share these scores with anyone, but it's really good if you reflect on it for a while. Everyone has own definition of success, and these can vary considerably.

### Inner Balance Questions for 2024

#### Question 1: Honing Your Life Vision

Take a moment to think: how strongly do you feel about pursuing your dreams and goals this year? How vivid is your vision of life?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of how you currently feel. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1    2    3    4    5    6    7    8    9    10

Reflection:

**Question 2: Reaching Beyond Your Comfort Zone.**

Take a few minutes to reflect: to what extent do you have the courage to do something new, get out of your comfort zone, break patterns that are holding you back, and take action in spite of a fear of failure?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of how far you are currently within your comfort zone. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 3: Boosting Your Creativity.**

Take a few moments to reflect: to what extent do you engage in any activities that develop your creativity and stimulate you to proactively change the way you think?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of how creative you are. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 4: Maximizing Your Productivity and Energy.**

Take a deep breath and think about your current energy level. How much motivation do you have to take proactive action and overcome your fears and frustrations? How do you build faith and self-confidence? What power do you have to take on new challenges and maintain the discipline needed to act consistently?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of how energetic and productive you currently feel. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 5: Nurturing Your Relationships.**

Take a deep breath and think about how happy you are with the relationships in your life – your partner, children, parents, siblings, colleagues? To what extent do they offer you support, good energy, and joy?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of your current relationships in general. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 6: Building a Meaningful Career.**

Take a moment to assess if you are satisfied with your career. Can you say that you love what you do? Do you feel that this is what you want to continue doing? Is your job still a challenge for you? Do you feel passionate about and fulfilled by your professional field?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of how you currently feel about your work. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 7: Becoming More Resilient Against Stress.**

Take stock of how you currently deal with stress, anxiety, panic, fear, emotional overload, and doubts. Is there too much stress in your life? To what extent can you shift your attitude towards finding solutions rather than being bothered by the problems?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of how you currently cope. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 8: Taking Control of Your Health and Well-being.**

Take a deep breath and rate your health, mental condition, fitness, appearance, dietary habits, immune system, sleep quality, and concentration. What is your level of taking control of health and well-being?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of your health and well-being. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 9: Embracing Spiritual Life.**

Take a moment to assess: do you regularly make time for any reflection, spiritual practice, meditation, or contemplation that helps you feel balanced and calm?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of how much attention and care you put into your spiritual life? Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 10: Expanding Your Intellectual Capacity.**

Take a moment and think: to what extent do you feel you are constantly developing, broadening your horizons, and gaining new skills? Do you find time for reading, listening to music, or learning something new?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of what you currently do to expand your intellectual capacity. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 11: Planning Financial Freedom.**

Take a moment to reflect: how financially secure are you? Do you have a consistent income, savings, good investments, loans to be paid?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of your current level of financial security. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

**Question 12: Improving Your Quality of Life.**

Take a few minutes and think: how satisfied are you with the quality of your lifestyle and your living space? Who and what do you surround yourself with? Do you celebrate the important moments in your life?

Write your rating and reflection here. Try not to make judgments, but an honest assessment of your quality of life. Rating on a scale of 1 to 10, with 1 being low and 10 being high:

1      2      3      4      5      6      7      8      9      10

Reflection:

Too many of us give up our dreams when life's problems arise. We postpone our plans for later, temper our own ambitions and aspirations, and forget that our future depends on us. We even lose faith in ourselves and hope. Do we really want this? Think what you would like to change and think about which of the 12 areas of inner balance you are ready to work on this year.

If you feel that it overwhelms you, stresses you or you don't know how to deal with it, I am happy to help you. This is the best time to start, make the right decisions, face the challenges boldly and take full risks to live better!



In my new book: *The Art of Changing Mindset. Achieve inner balance and excel in business and life*, I give you tools and methods and encourage you to go through each of the 12 categories and reflect on your answers to some very important questions. In each chapter you will explore how you can develop in specific areas and which steps, tools and methods you can use.

You will then have the chance to decide which you want to select and focus on to find more harmony and balance in your life. You will be encouraged to do some exercises, answer a lot of questions and take actions to apply what you have learned in order to build supportive habits to create the life you want to live.

Good luck!

Contact details for scheduling the coaching session:

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