



Balanced Lifestyle (an example)

Practical (Self-Maintenance) Things you do to maintain yourself	Productive (Self-Development) Activities you do to educate yourself and other things you do to challenge yourself	Pleasurable (Fun) Activities you do to relax and enjoy yourself. This can be on your own or with family/friends
Job Planning Shopping Paying Bills/Rent/Debts Cleaning the house Looking after the kids/parents/pets Cooking/eating well Mindfulness meditation Personal hygiene Laundry Gardening Walk the ferret	Hobbies Exercise DIY Learning a language Learning a new skill Fixing a bike Learning new recipes Reading Learning a martial art Mutual Aid Volunteering Further Education Decorating Volunteering	Reading Socialising Countryside/park/canal walks Gym Team sport TV/films Games console Board games Long bath Swimming Writing Music Dancing Art Cycling

Your Turn

Practical (Self-Maintenance) Things you do to maintain yourself	Productive (Self-Development) Activities you do to educate yourself and other things you do to challenge yourself	Pleasurable (Fun) Activities you do to relax and enjoy yourself. This can be on your own or with family/friends