

Worksheet: What Season Am I In?

Balance - GGC September, week 1: 9-7-26

 **1. Right now, what areas of my life genuinely need more of my attention?**

 **2. What am I giving a lot of time or energy to simply because I've always done it?**

 **3. What part of my life has been sitting on the back burner for too long?**

- ☐ Myself
- ☐ Health
- ☐ Relationships
- ☐ Fun
- ☐ Rest
- ☐ Creativity
- ☐ Personal growth
- ☐ Friendship
- ☐ Something else: _____

 **4. Finish this sentence:**

Right now, I'm in a season of...

And because of that, it's okay for me to...