



THE IMPORTANCE OF
Solitude
FOR A BALANCED LIFE

WORKSHEET

SELF-REFLECTION WORKSHEET

1. After some self-reflection and soul-searching, what are my top priorities? Where am I heading regarding my career? How do I feel about my relationships?

2. Have I spent some time *completely by myself* today without being glued to my phone, computer, or television? What did I choose to do?

3. Have I given some space to my partner or am I clinging unnecessarily? What am I afraid of? Am I okay with going out for a walk or spending time apart from my partner? Why or why not?

4. Have I looked *within* today and tried to nurture my spiritual self? How can I make time for prayer or meditation every day?

5. Have I considered transforming myself by getting rid of my bad habits and negative ways of thinking? What would I like to change?

6. Have I used my solitude to do something fulfilling such as: Listening to classical music, gardening, or reading a good book? Have I written in my journal? Have I spent time engaging in my hobby? Why or why not? What is my favorite activity to pursue during my solitude?
