

Arenas of Life Exercise:

Directions: The sections represent different aspects of your life. Identify what you are doing now in each area of your life, specifically what you are doing that fills your emotional reserve.

Area of Life	What am I doing now?
Career and studies: What are you doing in your work life/career that you enjoy and gives you emotional energy?	<hr/> <hr/>
Family and Friends: What are you doing with family and friends that energizes you and gives you strength? Does the time allotted for family and friends align with your needs?	<hr/> <hr/> <hr/>
Significant other/romance: What are you doing in your relationship that energizes you and enhances the relationship?	<hr/> <hr/>
Fun and Recreation: What are the things you engage in that you enjoy, are fun, and/or make you laugh? What are energizing and fun activities in your life?	<hr/> <hr/>
Health: What are the things you do for your health and fitness that give you energy? How is your sleep and what idle time do you have?	<hr/> <hr/>
Money: What are you doing now to create satisfaction with your financial situation?	<hr/> <hr/>
Personal Growth: What are the areas of personal growth that you are focusing on? Which are most energizing for you?	<hr/> <hr/>
Physical environment: What in your physical home and work environment nurtures you and contributes to your emotional reservoir?	<hr/> <hr/>
Contribution: What contributions of your time and talent bring you joy and energy?	<hr/> <hr/> <hr/>

Spiritual: What are ways that you connect to your sense of purpose? What practices help you center and create quiet time for yourself?	<hr/> <hr/>
Self-Compassion: How do you practice kindness toward yourself, as you would for a good friend? What are ways that you recognize and appreciate your gifts and your contributions to others?	<hr/> <hr/>

After thinking about what you are doing to care for yourself and fill your emotional reserve, what of these are most renewing for you?

Are you getting the appropriate dose of the renewing and filling activities?

What adjustments do you want to make?

How would those adjustments help you build your emotional reservoir and your resilience?
