Work-Life Balance: The 15-Minute Reflection Challenge

A structured self-assessment to find your healthy equilibrium.

PREPARE YOUR SPACE & TOOLS



Grab a Reflection Journal or notebook and set aside 10–15 minutes of uninterrupted quiet time.



REFLECTION PURPOSE

Evaluate how well you have balanced your work, studies, and personal life over the past two weeks while maintaining your health and wellbeing.

5 SELF-REFLECTION QUESTIONS



1. ASSESS SATISFACTION

How satisfied am I with the balance between work (or studies) and my personal life?



2. IDENTIFY STRESSORS

When do I usually feel most stressed or overloaded?



3. EVALUATE PERSONAL TIME

Do I make enough time for rest, hobbies, family, and friends?



4. DISCOVER RECHARGE SOURCES

What activities help me recharge?



5. COMMIT TO ONE CHANGE

What is one change I could make to improve my work-life balance?

CORE TAKEAWAY

BALANCE DOES NOT MEAN 50/50



Work-life balance does not mean giving equal time to everything; it means finding a healthy balance that supports both your responsibilities and your wellbeing.

Co-funded by the European Union

CC BY NC SA