Reflection Challenge

Purpose: Reflect on how well you balance your work, studies and personal life while maintaining your health and wellbeing.

Think about the past two weeks. Write short answers to the following questions:

- How satisfied am I with the balance between work (or studies) and my personal life?
- When do I usually feel most stressed or overloaded?
- Do I make enough time for rest, hobbies, family and friends?
- What activities help me recharge?
- What is one change I could make to improve my work-life balance?

Remember that 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.

Materials needed: Toolkit T1 (Reflection Journal) or notebook

Approximate duration: 10–15 minutes