



### FIND YOUR BALANCE: Checking In

To find your balance through the *Eight Pillars*, it's important to conceptualize the multitude of factors that contribute to your well-being. This assessment takes a thorough look through each pillar, exploring your current perspective and identifying areas of imbalance.

It may look overwhelming, so break it down into a way that meets your needs. You could choose one statement from each section, eventually working through each statement for all ten pillars. You might also choose to fill out all ten statements for just one pillar and come back to the others another time. This assessment is versatile, use it to define your baseline, check-in on yourself, and confirm achievements. If nothing else, it may provide some thought-provoking reflection.

**There is no right or wrong, this assessment is designed to help find your balance.**

Choose a number between **1-5** based on how strongly you identify with the statement. A **1** may have you feeling far removed from the statement, something you cannot relate to. A **5** meaning the statement is relatable, something you would feel confident stating yourself. If you choose to skip statements that do not feel applicable, be mindful of the impact when adding your total.

Occupational Wellness	1	2	3	4	5
I am satisfied with my current position, and feel comfortable in the role					
I take advantage of opportunities to learn new skills, to enhance my future					
I have long-term career goals beyond maintaining my position					
I know what skills needed to meet my short-term and long-term career goals					
I have a solid work ethic, managing time effectively and productively					
I am aware of the areas of improvement I can be working towards					
I feel connected to others in my field, with a solid professional network					
I can take meaningful time away from work that feels revitalizing					
I balance my passion for work with all other aspects of my life					
I am confident in the "why" behind my chosen career path					
<b>Column Totals:</b>					
<b>Occupational Wellness Total:</b>	<b>/50</b>				
Physical Wellness	1	2	3	4	5
I move my body regularly; I feel healthy and strong					
I feel comfortable in and connected to my body					
I often experience a good night's sleep, and wake up feeling refreshed					
I eat balanced meals and stay hydrated throughout the day					
I have a daily routine to maintain my personal hygiene					
I seek medical care promptly and maintain regular scheduled appointments					
I take medical advice seriously and prescribed medication responsibly					
I take measures to ensure safety and prevent accidental injury					
I feel good about my use of alcohol, marijuana, and/or other substances					
I am comfortable with physical intimacy and practice safe sex					
<b>Column Totals:</b>					
<b>Physical Wellness Total:</b>	<b>/50</b>				
Financial Wellness	1	2	3	4	5
I feel financially stable from month to month					

**FIND YOUR BALANCE: Self-Assessment**  
[nysba.org/attorney-well-being/](https://nysba.org/attorney-well-being/)



I generally know both my monthly income and expenses					
I pay my bills on time, and budget as needed					
I contribute to savings regularly, and have a retirement plan					
I feel in control of my debt, and have an effective repayment plan					
I review my accounts often, checking for potential fraud and spending habits					
I am aware of subscriptions linked to my accounts that may auto-renew					
I keep my personal documents safe in and organized					
I am confident in my ability to file taxes and other financial documentation					
I understand the ethical responsibilities of being lawyer regarding finances					
<b>Column Totals:</b>					
<b>Financial Wellness Total:</b>	<b>/50</b>				
<b>Environmental Wellness</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I feel connected to the Earth with appreciation for its resources					
I have a solid awareness of environmental factors that may impact my health					
I stay up to date on environmental concerns and conservation efforts					
I take personal efforts to conserve the planet that align with my lifestyle					
I have empathy and compassion for living things					
I spend time outside, experiencing nature with all five senses					
I maintain my personal spaces, keeping them clean and organized					
I incorporate both life and personality into my spaces that bring me joy					
I feel comfortable where I live, and in places I visit often					
I have a sense of safety and security when out and about					
<b>Column Totals:</b>					
<b>Environmental Total:</b>	<b>/50</b>				
<b>Social Wellness</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I have people in my life that encourage me up and make me feel good					
I have people I can count on when I need support					
I try to maintain relationships with those I care about					
I have relationships that ebb and flow, but feel equally balanced					
I diversify my networks to bring new perspectives into my life					
I treat others with respect, despite any differences					
I have healthy boundaries with others, and communicate them effectively					
I try new things to expand my experiences and interact with others					
I accept that I may be perceived differently than others, but I am authentic					
I treat others how I want to be treated, and wish well on others					
<b>Column Totals:</b>					
<b>Social Wellness Total:</b>	<b>/50</b>				
<b>Intellectual Wellness</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I maintain my CLE requirements, and other professional development					
I stay informed on important regulations, policies, and legislations					
I participate in activities that engage my cognitive skills					
I seek out ways to explore and enhance my creativity					
I feel confident in my current cognitive strengths and abilities					

**FIND YOUR BALANCE: Self-Assessment**  
[nysba.org/attorney-well-being/](https://nysba.org/attorney-well-being/)



I stay up to date on both local and global current events					
I take information from multiple sources, to form my own informed opinion					
I am interested in learning about other perspectives to broaden my views					
I consume educational content, in addition to fictional/recreational content					
I am continuously engaging my brain in new and enlightening ways					
<b>Column Totals:</b>					
<b>Intellectual Wellness Total:</b>	<b>/50</b>				
<b>Emotional Wellness</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I feel good about myself and believe others like me for who I am					
I am adaptable to life's challenges and keep realistic expectations					
I hold myself accountable for my actions, self-reflecting on the impact I have					
I can thoughtfully respond with intention rather than impulsively reacting					
I express a healthy range of emotions and can identify my feelings					
I understand what triggers and stressors have a negative impact on me					
I know coping mechanisms that help me ground myself in the present					
I have techniques to reframe negative thoughts and reflect positively					
I can identify when I am in distress, and when to seek support					
I know of resources and professional services available to me					
<b>Column Totals:</b>					
<b>Emotional Wellness Total:</b>	<b>/50</b>				
<b>Spiritual Wellness</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I make time for meaningful rest, centered in the present					
I feel connected to my inner self, with a set of beliefs to guide me					
I have a solid understanding of my own morals and values					
I believe in greater life concepts, aligned with my inner beliefs					
I know what value I bring to the world, and what is important to me					
I am comfortable with my sense of purpose in life					
I accept there are many other belief systems outside of my own					
I hope for peace within my relationships and the larger community					
I feel comfortable with death as part of the life cycle					
I am grounded in my beliefs which brings me clarity and comfort					
<b>Column Totals:</b>					
<b>Spiritual Wellness Total:</b>	<b>/50</b>				

**Adding it up:** Each Pillar stated ten individual affirmations, with your responses ranging from 1-5. At the end of each section, you can add up your numbers, with a maximum total of 50.

**Before moving on to the next section, take a moment to check in on your overall feelings:**



**Imbalanced**

(feeling overwhelmed)



**Unsteady**

(feeling lost)



**Neutral**

(feeling stuck)



**Steady**

(feeling hopeful)



**Balanced**

(feeling satisfied)

**FIND YOUR BALANCE: Self-Assessment**

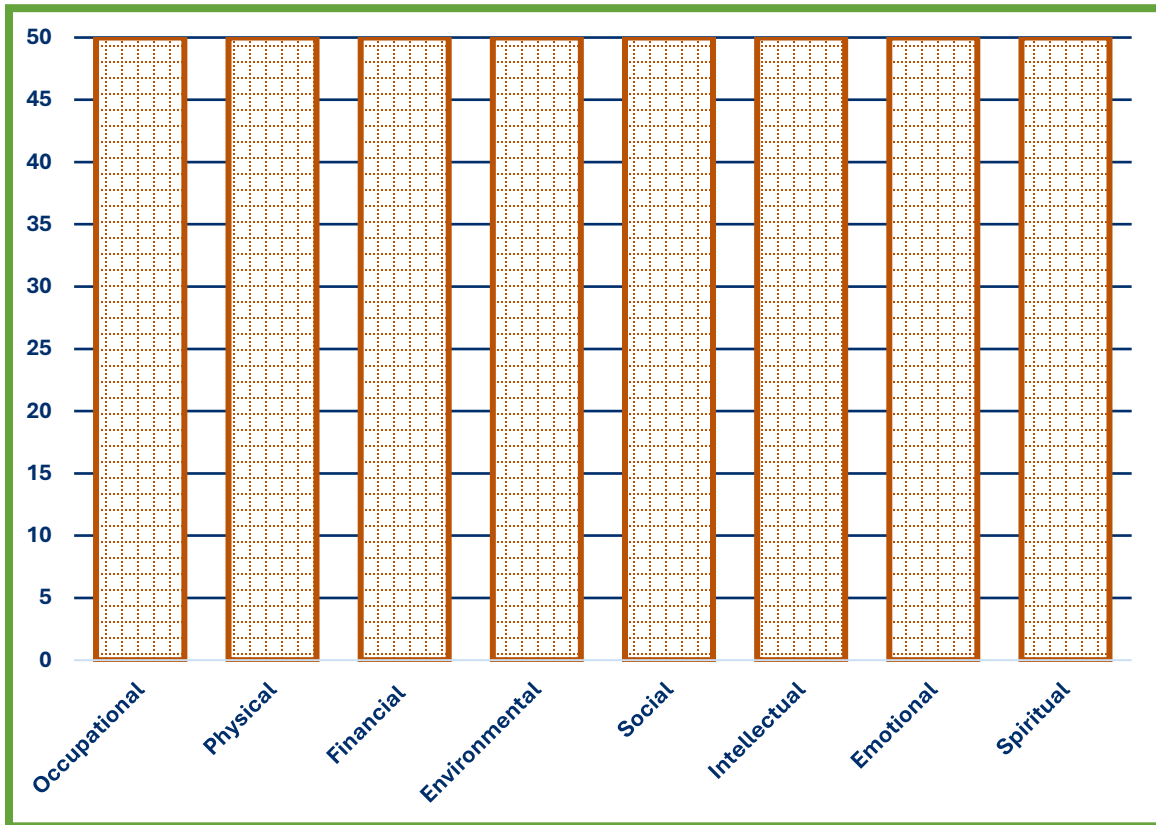
[nysba.org/attorney-well-being/](https://nysba.org/attorney-well-being/)



### FIND YOUR BALANCE: Stacking Up

Take the totals from each section of your *Eight Pillars* assessment (the orange rows) and fill in the chart based on your numbers. This will provide a visual for you to check your balance. You may even want to draw a line connecting the highest point of each pillar to see how level it is.

*Tip: The higher you stack up, the harder it is to balance, give yourself grace no matter the height*



Which pillars need your attention?

Which pillars are you feeling good about?

What can you focus on to find more balance?