

THE BALLOON SORTING TEMPLATE

1. Refer to your Balloon of Life thinking. What were the major balloons (core elements) in your life? Write these below (for the purpose of this exercise, aim for no more than 10, so pick the most important).

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

2. Draw your core life elements into your balloon of life here. The size of each balloon should represent the combined time and energy you currently invest in that element, i.e., the more time and energy; the bigger the balloon, and vice versa.

EXAMPLE BALLOON OF LIFE	CURRENT STATE

3. Give each balloon a score out of 10 (10 = consistent joy and 1 = chronic gloom). Try not to overthink this – it’s not a test – instead, base it on your gut feel. Remember our goal with joy is not 100% joy all the time, so it’s normal for some balloons to have a lower score than others.
4. Next, review your current state balloon and consider:

Why have you allocated those scores?	
Which balloons would you like to take up more space?	
Which balloons would you like to take up less space?	
What feels out of kilter?	
What feels about right?	
What balloons are missing that should be in there?	
What balloons would you like to pop?	

5. Next, think about what size you'd like each balloon to be in the future (remember size is a combo of time and energy) and re-draw your balloon based on this ideal. Obviously, every day will be different, so a snapshot of the average will do. There's always room for adjustment.

MY BALLOON OF LIFE: DESIRED STATE

6. In your desired version, write in where you want each score out of 10 to be in 6 months' time.
Be realistic – if one balloon is currently a 3 but it's a big one that requires a lot of attention, time, and energy, aiming for a 10 in 6 months may not be the best idea. For others, a 6 out of 10 may be enough (and 'enough' is very important) – so you can choose to maintain at that level.
7. Pick a balloon to focus on first and define one small action you can take to pay it some attention.

Once you've completed this exercise, you'll have a good understanding of what's important to you, which areas are on the joy track, which are heading rapidly towards gloomville, and where you might want to focus your attention.