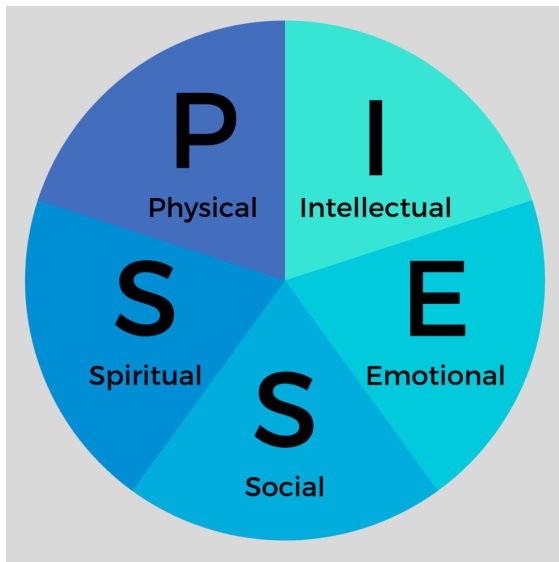


# LeaderCare Resource

## Episode 7: Leadership Toolbox - PIESS Model

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### Balance Through the Lens of the PIESS Model



**Physical:** Rest, Exercise, Nutrition, Time with Spouse/Intimacy, etc.

**Intellectual:** Learning/Study, Growth Opportunities, etc.

**Emotional:** Fun & Play, Counseling, Emotional Time & Intimacy with Spouse (if married), etc.

**Social:** Interaction with Others, etc.

**Spiritual:** Participation in Spiritual Disciplines, etc.

How are the “Me” and “We” (if married) doing in each area? Is the “Us” crowding out space for “me”/“we”?

You are encouraged to print out the additional pdf worksheets to complete over the next week to assist your vetting process! Remember... the goal of this worksheet is NOT to complete an activity for every box. Slow down, reflect, and fill in what your week holds.

Where did you spend time addressing these five (5) areas?

Are there areas that feel out of balance to you (too high, or too low)?

Questions? Contact us:

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## PIESS LOGGING EXERCISE

**P**

(PHYSICAL)

**I**

(INTELLECTUAL)

**E**

(EMOTIONAL)



Self  
Others  
Situation



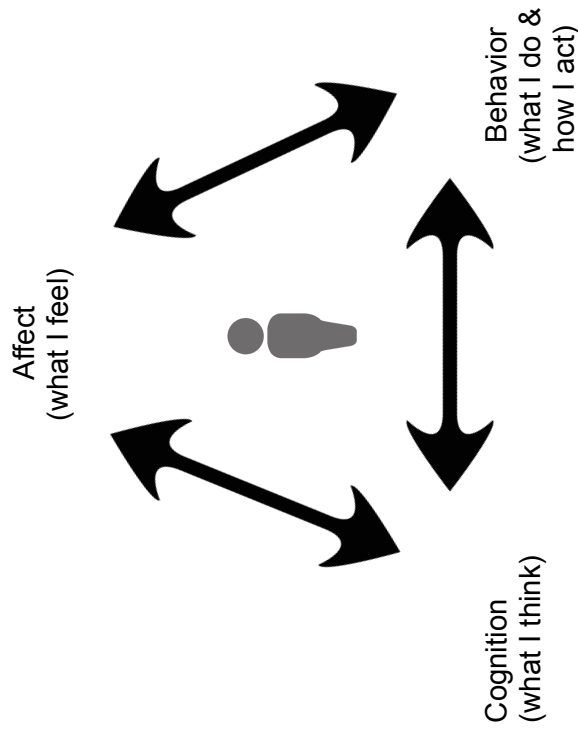
Aware  
Acceptance  
Action

**S**

(SOCIAL)

**S**

(SPIRITUAL)



PIESS LOGGING EXERCISE

Week Ending DATE:	PHYSICAL	INTELLECTUAL	EMOTIONAL	SOCIAL	SPIRITUAL	NOTES
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						