

LIFE BALANCE

DATE _____



LIFE AREAS		VERY DISSATISFIED	SO-SO	COMPLETELY SATISFIED
PERSONAL	WELLNESS Body, Mind, Spirit	0	5	10
	ACTIVITIES Hobbies, Interests, Traveling	0	5	10
	LIFESTYLE Home, Environment, Quality of life	0	5	10
SOCIAL	FAMILY Children, Parents, Relatives	0	5	10
	ROMANCE Significant other or Dating life	0	5	10
	COMMUNITY Friends, Groups, Networks	0	5	10
PROFESSIONAL	WORK Career or Business venture	0	5	10
	MONEY Income, Expenses, Investments	0	5	10
	CONTRIBUTION Giving, Mentoring, Sharing	0	5	10



TOP 3 Life Areas to focus on:	BOTTOM 3 Life Areas to leave on autopilot right now:
1	—
2	—
3	—