

How Balanced is Your Life?

Directions: Score your level of satisfaction from 1-10 in each of the following 8 categories. 1 means not satisfied and 10 means highly satisfied.

Career _____ (1-10)

- How satisfied are you with your career or that of your spouse?
- Consider time commitments, growth opportunities, general happiness.

Family/Friends _____ (1-10)

- How fulfilling are your relationships with your friends? How good of a friend are you?
- How do you feel about your relationship with your children or other family members?

Spiritual Growth _____ (1-10)

- How do you feel about your spiritual growth?
- Do you spend time developing your inner-self and character?

Fun and Recreation _____ (1-10)

- How often do you make time for things that are fun for you?
- How much time do you spend outdoors?

Health _____ (1-10)

- How do you feel about your overall health?

Money _____ (1-10)

- How content are you with your financial situation?
- Do you have a budget or a financial plan for you or your family?

Personal Growth _____ (1-10)

- How content are you with who you are?
- Do you have goals you are working towards?
- Do you spend time learning new things or developing new talents?

Significant Other / Romance _____ (1-10)

- How satisfied are you with your marriage, engagement, or dating life?
- How often do you go on dates?
- How is the communication between you and your significant other?

The Wheel of Life

Directions: The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?

