

Balanced Life Assessment

Directions: Shade the box that indicates how satisfied you are with this part of your life. Ten means excellent (things couldn't be better); one means total disaster (things couldn't be worse); five is average (there's room for improvement).

How satisfied am I?

		1	2	3	4	5	6	7	8	9	10
Spirit	Relationship with God										
	I spend time in daily prayer. (talking to God)										
	I spend time in meditation. (listening to God)										
	I read my Bible and/or other spiritual materials daily.										
	I share my testimony/story with others.										
	Relationship with others										
	I get along well with others.										
	I make friends easily.										
	I do what I think is important no matter what others think.										
	I choose who I spend time with.										
	Service										
	I engage in service or community oriented activities.										
	I always help when I identify a need.										
	I give freely.										
	I have time to devote to serving others.										
	Family life										
	I spend as much time as I like with my family.										
	I'm able to say no to family members without feeling guilty.										
	I am able to handle all my responsibilities at home.										
	I never miss important family events due to work-related pressures.										

		1	2	3	4	5	6	7	8	9	10
	Friendships										
	I'm a good listener.										
	I have a good mix of old and new friends.										
	My friendships are warm and genuine.										
	I can depend on my friends and they can depend on me.										
	Money Matters										
	I'm free from financial clutter.										
	I manage money wisely.										
	I know my net worth, retirement needs and other financial matters.										
	I have a solid financial plan.										
Mind	Creativity										
	I know my area of creativity.										
	I have a creative outlet that I use frequently.										
	I enjoy sharing my creativity with others.										
	I seek ways to develop my creativity.										
	Personal Growth										
	I seek out opportunities for continued improvement.										
	I admit when I'm wrong and learn from my mistakes.										
	I know my priorities and spend time working on them.										
	I don't worry about the past or future but focus my energies on the present.										
	Play										
	I schedule fun into my agenda.										
	I do the things that I enjoy regularly.										
	I know how to relax and enjoy myself.										
	I take time out for entertainment.										

		1	2	3	4	5	6	7	8	9	10
	Career										
	I know my limits and leave work when I want.										
	I don't bring work home.										
	I regularly take my lunch breaks.										
	I don't worry about the "craziness" at work.										
	I handle work pressures and challenges well										
	Home										
	My home is uncluttered.										
	I think of my home as my sanctuary.										
	I'm not ashamed to entertain visitors in my home.										
	My home is a reflection of who I am.										
Body	Health										
	I exercise regularly.										
	I eat healthy meals.										
	I am able to take 'time out' without feeling guilty.										
	I feel well rested the majority of the time.										
	I am generally healthy										
	I have regular doctor/dentist visits										
	I am pain-free										

Now that you've completed your balance graph, you can quickly assess where you need to put additional focus. Based on your results, select the top three areas of focus write them below:

1.
2.
3.

What goals do you have for creating balance in your life?

What one thing will you do (in each the 3 areas identified above) today to become more balanced?

Claim balance in your life; start today!

Need help reaching your goals? Visit www.AndreaRichardsScott.com for assistance.