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| LIFE BALANCE ASSESSMENT | 1-10 |
| I exercise with vigor to maintain physical health and fitness. | |
| I eat diverse, nutritious foods that promote health and energy. | |
| I sleep enough to feel fully rested when I wake up. | |
| I am confident in my ability to maintain a desirable weight. | |
| I get recommended medical tests and deal promptly with emerging issues. | |
| SUBTOTAL A | |
| I am able to handle whatever stresses come along. | |
| I connect well with people and have a network of caring relationships. | |
| I work effectively with conflicts as they arise. | |
| I take time to recharge my batteries and have fun. | |
| When I wake up, I look forward to the day ahead. | |
| SUBTOTAL B | |
| I am able to focus and concentrate on a task when I want to. | |
| I set priorities and manage my time with ease. | |
| I am positive and solution-oriented rather than critical and complaining. | |
| I am mentally alert and sharp. | |
| I can accomplish whatever I set out to do. | |
| SUBTOTAL C | |
| My life has meaning and purpose; it is a work of art. | |
| I am passionate about what I do. | |
| My actions are consistent with my deepest values. | |
| I strive to be my best, develop my strengths, continually learn. | |
| I view setbacks as growth opportunities. | |
| SUBTOTAL D | |
| TOTAL | |
| Rate each item on a scale from 1-10: 1 is never true for you; 10 is always true. | |
| Which subtotal is the highest? Celebrate! Which subtotal is the lowest? What would bring it up to at least 35? What is your total? In a range of 20 to 200, what does 140 or more look like? Where would you most like to develop strategies for change? | |

LIFE BALANCE DIAGRAM

| | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|
| 9 | | | | | | | | | | | | | | | | | | | 9 |
| 7 | | | | | | | | | | | | | | | | | | | 8 |
| 8 | | | | | | | | | | | | | | | | | | | 7 |
| 6 | | | | | | | | | | | | | | | | | | | 6 |
| 5 | | | | | | | | | | | | | | | | | | | 5 |
| 4 | | | | | | | | | | | | | | | | | | | 4 |
| 3 | | | | | | | | | | | | | | | | | | | 3 |
| 2 | | | | | | | | | | | | | | | | | | | 2 |
| 1 | | | | | | | | | | | | | | | | | | | 1 |
| 1 | | | | | | | | | | | | | | | | | | | 1 |
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| 3 | | | | | | | | | | | | | | | | | | | 3 |
| 4 | | | | | | | | | | | | | | | | | | | 4 |
| 5 | | | | | | | | | | | | | | | | | | | 5 |
| 6 | | | | | | | | | | | | | | | | | | | 6 |
| 7 | | | | | | | | | | | | | | | | | | | 7 |
| 8 | | | | | | | | | | | | | | | | | | | 8 |
| 9 | | | | | | | | | | | | | | | | | | | 9 |
| 10 | | | | | | | | | | | | | | | | | | | 10 |