

How Balanced Is Your Life?

Indicate how well you are managing each category by making a mark on the scale from 1 - 10.

(1 = No Activity, 10 = Maximum Activity)



Once you've completed each category, connect the marks to see how balanced your life is right now.

A perfectly balanced life would be represented by a perfect circle.

But life isn't perfect. Is it? Use what you find out to set new goals for yourself. Be specific in goal setting. Repeat the process to keep track of your improvements.