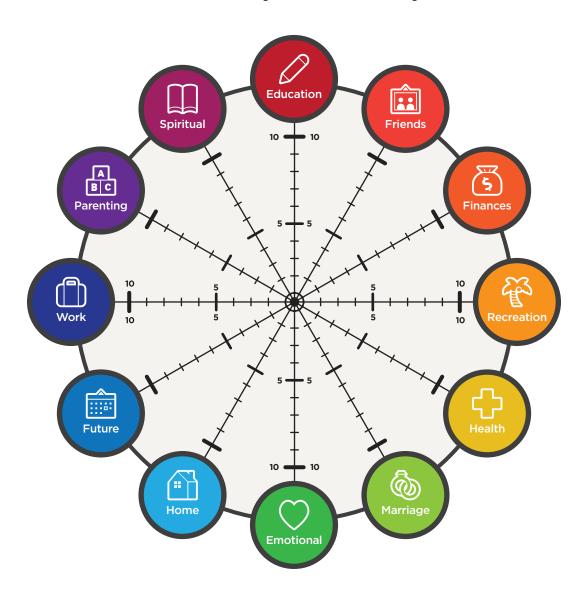
## **How Balanced Is Your Life?**

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.

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