

Life Balance Assessment

By Connie de Veer

Life balance is a process, not a fixed thing. It requires mindful awareness of where we might be pulled off center, and how we can best correct our course.

The following assessment will help you discern how balanced your life is currently:

1. Draw a circle.
2. Divide the circle into 8 sections.
3. Assign each section one of the following labels

Physical Environment (Your home, office, car, workplace, etc.)

Career

Money

Health

Friends and Family

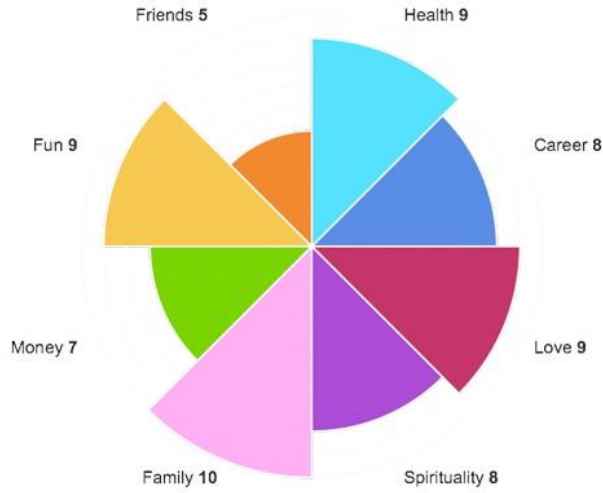
Significant other/romance

Personal Growth

Fun and Recreation

4. Assign a number from 1 – 10 to represent your level of satisfaction in each area. The center of the circle is 0.
5. Draw an arc within each section representing the number you assigned in #4.

It might look something like this:



If this were a real wheel, how bumpy would the ride be?

What will you change this week to move towards a better-balanced life?

What changes will you make in the next six months, to better balance your life?
