

LIFE BALANCE

Look at the following areas of your life and score yourself from 1-10 (1 is low and 10 is high) and determine where you are currently.

1. Love Relationships- the current state of how happy you are whether single, in a relationship or desiring to be in a relationship.
Score 1-10 _____ Is this an area you would like to address? Y N
2. Friendships- an indication of how strong of a you support system you have- a few friends whom you can count on to have your back
Score 1-10 _____ Is this an area you would like to address? Y N
3. Adventures- new experiences and excitement in your life- this can include travels to various places
Score 1-10 _____ Is this an area you would like to address? Y N
4. Environment- quality of your home, car, office and general space where you spend time during the day and night (bars, cafés, school, etc).
Score 1-10 _____ Is this an area you would like to address? Y N
5. Health and Fitness-How is your health, given your age and physical condition?
Score 1-10 _____ Is this an area you would like to address? Y N
6. Intellectual Life- how much time do you set aside to learn new things and how fast do you learn? Do you read books, podcasts, watch tutorials, etc. Do you seek to learn from others?
Score 1-10 _____ Is this an area you would like to address? Y N