

## Personal Check In:

It is always good to do a personal check in to become aware of our current state in life. Be real with yourself but don't be too harsh. Identify areas you want to work on to find balance in your life. Life can get pretty hectic but if we focus too much in one area in our life we become irritable, angry, frustrated and stuck. Let's check in to see how you are doing. Place a small X in the box below the scale for each topic.

Life Balance	1 (No) ————— 5 (So So) ————— 10 (Yes)
Physical Health – Are you feeling healthy, energetic, and fit.	
Personal Self Esteem – How do you feel about yourself. Are you feeling encouraging, positive, productive.	
Mental Health – Are you feeling emotionally balanced?	
Career / Vocation – Do you feel you are in the right job / career path?	
Financial – Are you stable in your finances? Are you making what you are worth?	
Family – Are you able to spend time with your family?	
Social – Are you taking time to connect with friends?	
Spiritual – Are you taking time for your spiritual life and is it where you want it to be?	
Intellectual – Are you taking time to learn something new and exciting?	
Environmental – Are you aware of your effects on your surroundings?	
Charitable – Are you giving of your time to benefit others?	

After marking your progress, draw a line down connecting the X's. You will be able to have a visual on how you are keeping balance in your life. Again, the biggest factor is your mood with your self and others. If you want help in facilitating these areas please reach out to Vini to talk more in depth on how to create a balanced life.

