

Life Balance Snapshot

Purpose

The Life Balance Snapshot helps you get a clear picture of how satisfied you feel in different areas of your life. It gives you a visual way to see what is working well and what may need more attention or support. By identifying these patterns, you can set meaningful goals, make aligned decisions, and create a more balanced and fulfilling life. This tool is not a judgment; it is simply a starting point for awareness and growth.

Step 1: Understand the Categories

Below are common areas people often evaluate when using the Life Balance Snapshot. You can adjust, add, or rename categories to fit your unique life and priorities.

1. Health and Wellness
2. Career and Work
3. Finances
4. Personal Growth
5. Fun and Recreation
6. Family and Friends
7. Significant Other or Romance
8. Physical Environment
9. Spirituality or Faith
10. Community or Contribution

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Step 2: Rate Each Area

Rate your current level of satisfaction in each area on a scale from 1 to 10, where 1 means very dissatisfied and 10 means highly satisfied. Write your rating next to each category.

1. Health and Wellness _____
2. Career and Work _____
3. Finances _____
4. Personal Growth _____
5. Fun and Recreation _____
6. Family and Friends _____
7. Significant Other or Romance _____
8. Physical Environment _____
9. Spirituality or Faith _____
10. Community or Contribution _____



Figure 1 The Wheel of Life Example

Step 3: Reflect

Use the questions below to gain clarity about your current level of balance and what matters most to you.

- Which areas feel most fulfilling right now, and why?

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➤ Which areas feel out of balance or neglected?

➤ How does imbalance in one area affect other parts of your life?

➤ What is one small step you can take this week to improve your lowest rated area?

➤ What does a balanced life look and feel like to you?

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Step 4: Take Action

Choose one or two areas you want to focus on next. Create a small, specific goal for each and outline the steps and support you need.

Focus Area 1: _____

Goal: _____

Action Step: _____

Support or Accountability: _____

Focus Area 2: _____

Goal: _____

Action Step: _____

Support or Accountability: _____

Disclaimer

This worksheet is a self-reflection tool created to support personal growth within a coaching context. It is not a psychological evaluation, clinical assessment, or therapeutic intervention. All insights you gain come from your own reflections and decisions. Coaching does not replace counseling, mental health care, or medical treatment. If you are experiencing emotional distress or have concerns related to mental health, please seek support from a licensed mental health professional.