

LIFE BALANCE ASSESSMENT	1-10
I exercise with vigor to maintain physical health and fitness.	
I eat diverse, nutritious foods that promote health and energy.	
I sleep enough to feel fully rested when I wake up.	
I am confident in my ability to maintain a desirable weight.	
I get recommended medical tests and deal promptly with emerging issues.	
SUBTOTAL A	
I am able to handle whatever stresses come along.	
I connect well with people and have a network of caring relationships.	
I work effectively with conflicts as they arise.	
I take time to recharge my batteries and have fun.	
When I wake up, I look forward to the day ahead.	
SUBTOTAL B	
I am able to focus and concentrate on a task when I want to.	
I set priorities and manage my time with ease.	
I am positive and solution-oriented rather than critical and complaining.	
I am mentally alert and sharp.	
I can accomplish whatever I set out to do.	
SUBTOTAL C	
My life has meaning and purpose; it is a work of art.	
I am passionate about what I do.	
My actions are consistent with my deepest values.	
I strive to be my best, develop my strengths, continually learn.	
I view setbacks as growth opportunities.	
SUBTOTAL D	
TOTAL	
Rate each item on a scale from 1-10: 1 is never true for you; 10 is always true.	
Which subtotal is the highest? Celebrate! Which subtotal is the lowest? What would bring it up to at least 35? What is your total? In a range of 20 to 200, what does 140 or more look like? Where would you most like to develop strategies for change?	

LIFE BALANCE DIAGRAM

	9	8	7	6	5	4	3	2	1	1	2	3	4	5	6	7	8	9	10
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