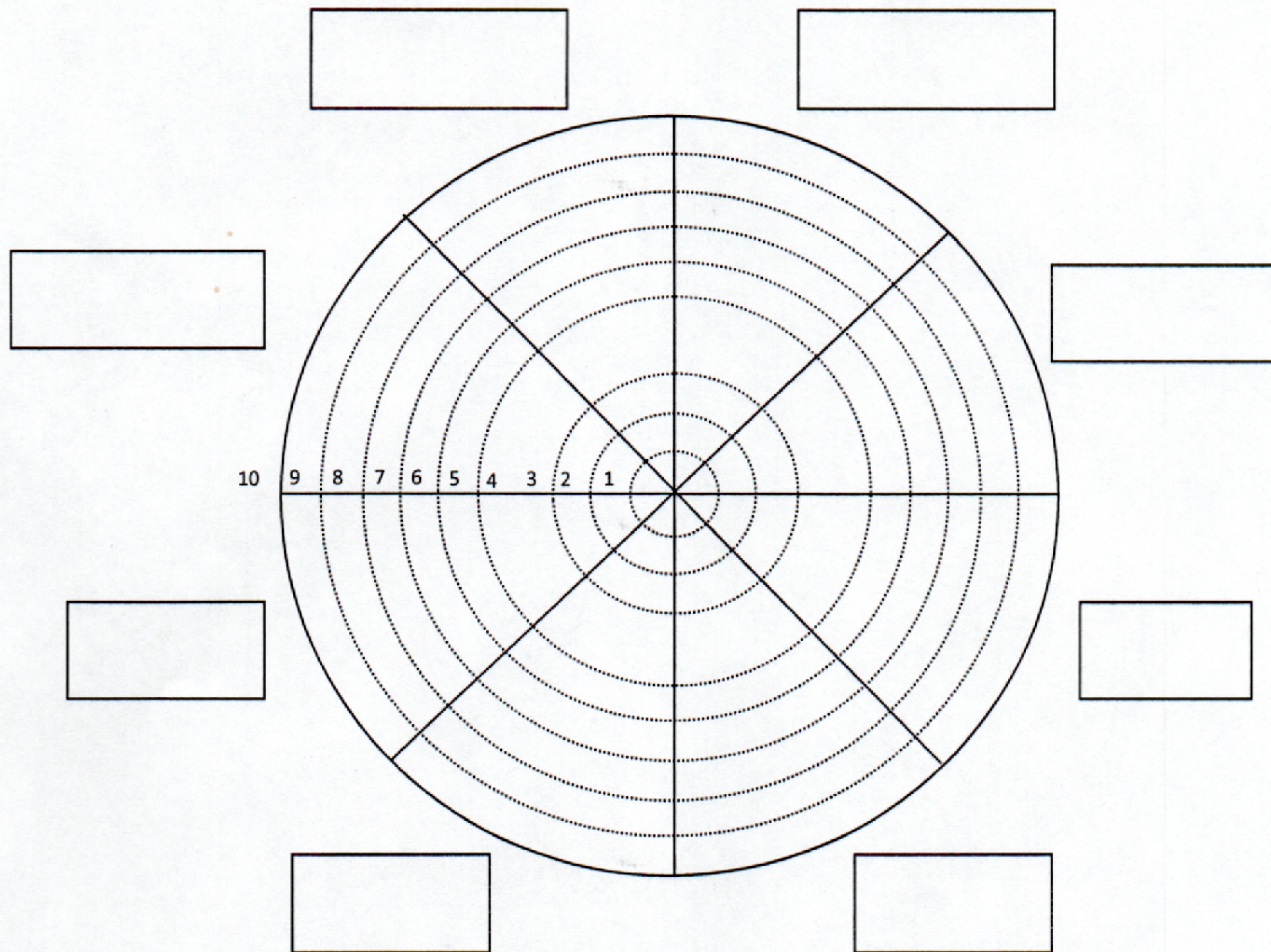


YOUR CURRENT LIFES BALANCE



CREATING BALANCE WORKSHEET

Areas that need enhancement (Pick 3 from wheel)

1. _____
2. _____
3. _____

Three Possible Actions-(#1)

1. _____
2. _____
3. _____

Three Possible Actions-(#2)

1. _____
2. _____
3. _____

Three Possible Actions-(#3)

1. _____
2. _____
3. _____

Chosen Actions

1. _____
2. _____
3. _____

Score Chosen Actions (1-10) what would have to happen?

1. _____
2. _____
3. _____

Spiritual

Faith

Giving back

Personal Development

Reading books

Classes

Seminars

Learning from others

How can I better myself

In what ways do I want to better myself

Health

Rest

Food

Exercise

Activities

Romance

Time together

Time away

Intimacy –Spontaneous even after exhausting days

Remembering why you work so hard

Having fun together

Being present

Family

Time with

Time away

One on one

Investing your time in sports and activities

Hobbies

Helping with homework

Special events

Just having fun

Career-

This will probably have the most in it

Finances

House

Car

Savings
Investments
Future projects

Fun & Recreation

Fun
Vacations
Sport activities
Golf
Weekend getaways
Friends
Family gatherings

Social

Anything outside of family related