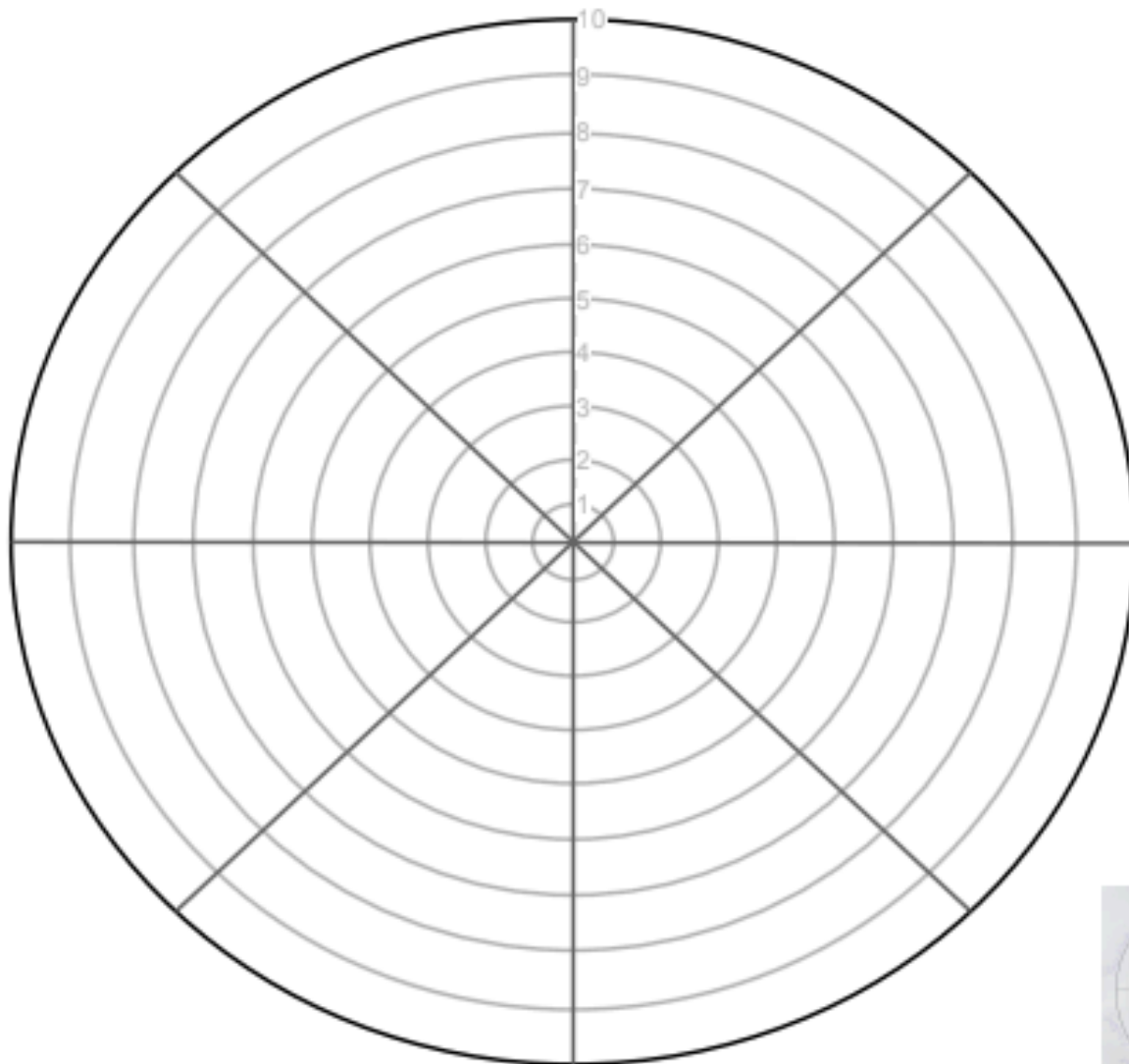


How Balanced? Is your life today?

1. Select the 8 most significant areas of your life
2. Group some together or separate out your areas of focus
3. Write one outside each segment of the circle
4. Reflect! And rate your satisfaction levels out of 10. Gut reaction works.
5. Score each area by colouring in the segment
6. What would it take to make each area a 10, write down your answers?



>Some examples you could choose from

- Career, Business, Business Development
- Clarity, Focus, Direction, Drive, Motivation
- Bringing my unique gifts to the world
- Awareness of my purpose
- Meaningful work, Living my purpose

- Sleep, Rest & Relaxation, Time off
- Fun, Hobbies, Adventure, Travel
- Physical Health & Fitness, Exercise
- Peace of mind, Mental & Emotional Health
- Environment, Home
- Wellbeing, Space
- Self-Image, Self-Care, Self-Love

- Romance, Love, Significant other
- Relationships, Family, Being a Parent,
- Friendships, Social

- Finances, Income
- Savings, Investments, Retirement
- Possessions (car, clothing etc)

- Education, Skill Development
- Personal Improvement, Growth, Learning

- Helping Others, Contribution
- Community Relations
- Spiritual

example



>Date: _____

>want another copy: james@jamesohalloran.com