

## Life Balance Index

Using the seven columns, indicate where “you” are by placing an “X” in the appropriate box.

1 = you’re the least happy      10 = you’re the most joyous      Then connect the marks you made to get a visual picture of where you are now.

**Purpose:** To obtain a visual picture of where your life is in or out of balance. To see what area of your life might be causing you stress or to feel overwhelmed. To assist you to identify which areas of your life you’d like to work on with your coach.

*Balance your life, and you’ll create more time, energy and joy!*

10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
	<b>Personal &amp; Spiritual Growth</b>	<b>Relationships, Family, Romance, Friends</b>	<b>Career &amp; Business</b>	<b>Finance &amp; Money</b>	<b>Play &amp; Recreation</b>	<b>Health</b>	<b>Physical Environment</b>