

## Life Balance Review

Client Name:

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Phone Number:

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Email:

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Tick each box where you can answer yes to the question. As much as possible give a yes or no answer so that they can be scored, try not to think about it too much, just your immediate reaction is best. Score your self out of 10 for each section. Then mark your score on the wheel diagram along the line for each area. Join the dots and get a graphic overview of the balance of your life. You will soon see if it is a rough ride or not!

### Physical and Health

Score /10

- My body weight is in proportion to my height and frame
- I exercise regularly, at least 3 times/week
- I sleep well and wake refreshed
- I am free of unhealthy habits such as smoking, drinking excessively etc
- I have good general health
- I regularly pamper my body in some special way
- I have regular health checks
- I am happy with my stress level
- I enjoy time in nature regularly
- My diet is balanced and healthy with adequate fresh food

### Family and Home

Score /10

- I have open and honest communication with all members of my family
- I regularly spend quality time with each family member
- My family feel they can come to me with problems and vice versa
- My home is generally clean and tidy
- My garden is regularly tended
- Others in my household help with household tasks
- My home environment is peaceful and welcoming
- My house is my haven, where I am happy and relaxed
- I look forward to coming home after work
- Most of my household chores are up to date

### Relationships and Romance – if Single

Score /10

- I am happy with my relationship status

If you are single and ticked yes to the above, double your scores to the following statements to give you a score out of 10, including the statement above, otherwise score single points only if you did not tick above.

- I am clear about my ideal partner
- I am confident when I meet new people
- I have been in a date in the last 3 months
- I am confident that I can meet my ideal partner

**Relationships and Romance – if in a relationship****Score /10**

- I enjoy being with my partner
- I have open and honest communication with my partner
- My partner and I mutually respect each other
- I am happy with the level of intimacy with my partner
- I trust my partner
- I regularly spend quality time with my partner
- I try to keep the passion alive in our relationship
- I look forward to time alone with my partner
- My partner and I have fun together
- I am happy to share my partner's interests

**Work and Career****Score /10**

- I have specific plans for the development of my career
- I am happy and passionate about my work
- I enjoy a good work / life balance
- I effectively manage work related stress
- My career allows me to fulfill my creative talents and abilities
- I like the people that I work with
- I am happy with what I am paid for what I do
- I am proud of the work that I do
- My work makes me feel fulfilled
- My work is carried out to the best of my ability

**Finances****Score /10**

- My income allows me to live the life I want
- Generally, I live within my income
- I have a clear plan for financial growth
- I have a budget that I use and monitor
- My credit card is used responsibly
- My financial behavior is ethical
- I pay my bills on time
- I save at least 10% of my income
- I have at least 3 months living expenses for emergencies
- I am not stressed about my finances

**Mental and Educational****Score /10**

- Generally I have a positive attitude
- I am aware of my strengths and weaknesses
- I can adapt my emotional state when necessary
- I am committed to my own mental / emotional fitness
- I enjoy a wide range of interests and activities
- I am actively involved in some study that will advance my goals
- I am inquisitive and like to learn new things
- I read literature that is informative and broadens my horizons
- I am aware of the most recent trends that are applicable to my life
- My education level supports me in attaining my personal goals

**Social and Recreation**

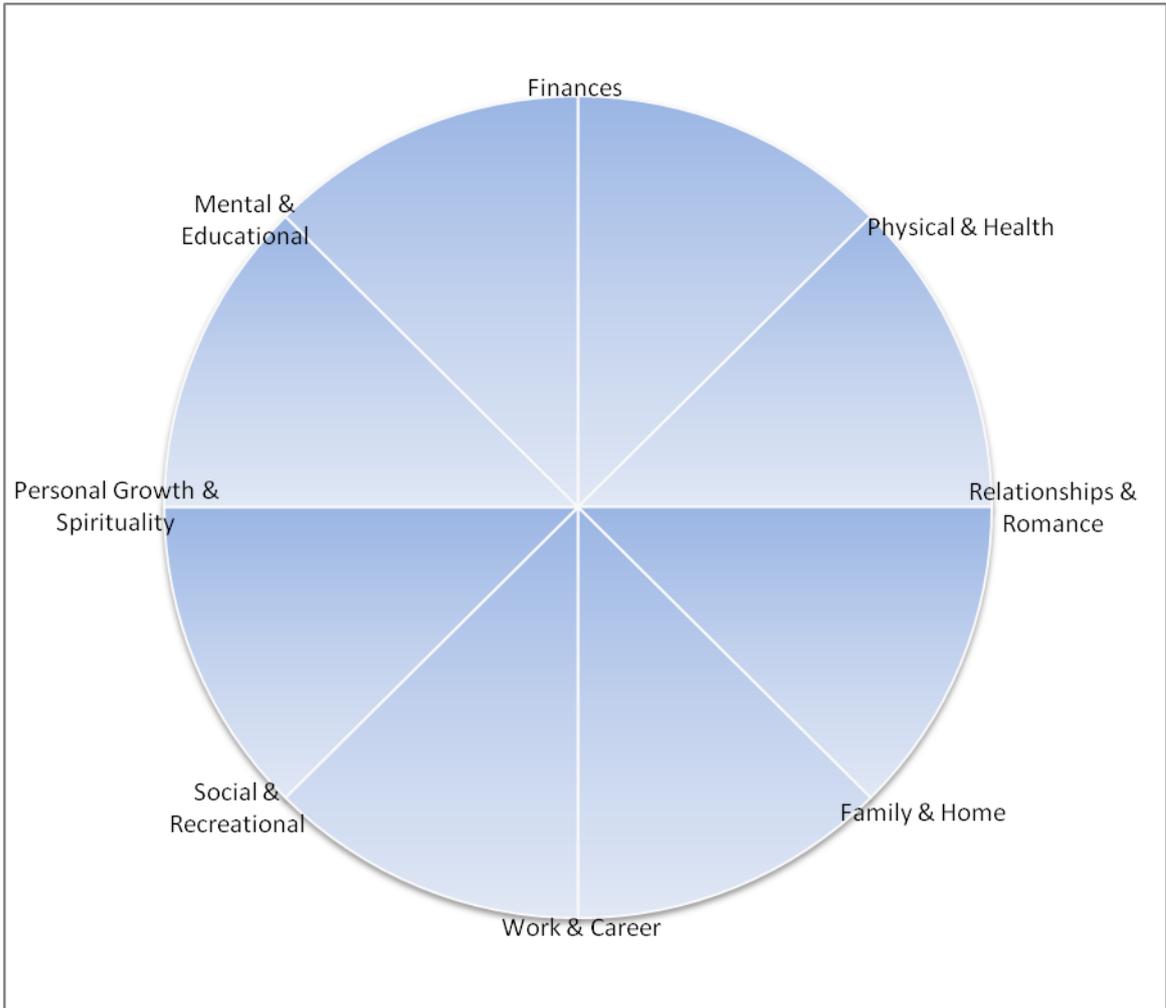
**Score /10**

- I have a strong varied network of friends
- As a whole, people trust me and value my opinion
- I find it easy to relax and enjoy myself in company
- I find it easy to relate to members of both sexes
- I enjoy a range of interests that keep me healthy and energised
- I have adequate time off work to pursue my interests
- I participate in the social and cultural life of my community
- I have boundaries with my friends where we all feel respected
- I have friends I can call on when I need help
- I find it easy to relate to people from different ethnic or socio-economic backgrounds

**Personal Growth and Spirituality**

**Score /10**

- I live my life with integrity according to a clear set of values
- I treat others as I want to be treated
- I have a strong sense of purpose in life
- I nurture my spiritual beliefs and allow others to do the same
- I live with a clear conscience
- I feel that I belong to life and that life supports me
- I regularly engage in some spiritual activity
- I read inspirational literature regularly
- My beliefs about life are able to support me during tough times
- I associate with people who help me to live according to my spiritual beliefs and values



The outer rim of the wheel represents 10/10, the inner spoke is 0/10.