

Your Life Balance Score

Is Your Life In Balance?

Scale: 0= Out of Balance 5= Somewhat Balanced 10= Fully Balanced
Circle your answers. Total all categories to get your Total Life Balance Score.

Health

0 1 2 3 4 5 6 7 8 9 10

Home and Environment

0 1 2 3 4 5 6 7 8 9 10

Spouse/Significant Other

0 1 2 3 4 5 6 7 8 9 10

Children

0 1 2 3 4 5 6 7 8 9 10

Family & Friends (Personal Relationships)

0 1 2 3 4 5 6 7 8 9 10

Fun

0 1 2 3 4 5 6 7 8 9 10

Career & Business

0 1 2 3 4 5 6 7 8 9 10

Financial

0 1 2 3 4 5 6 7 8 9 10

Personal Growth & Development

0 1 2 3 4 5 6 7 8 9 10

Purpose/Spirituality

0 1 2 3 4 5 6 7 8 9 10

Your Life Balance Score: _____