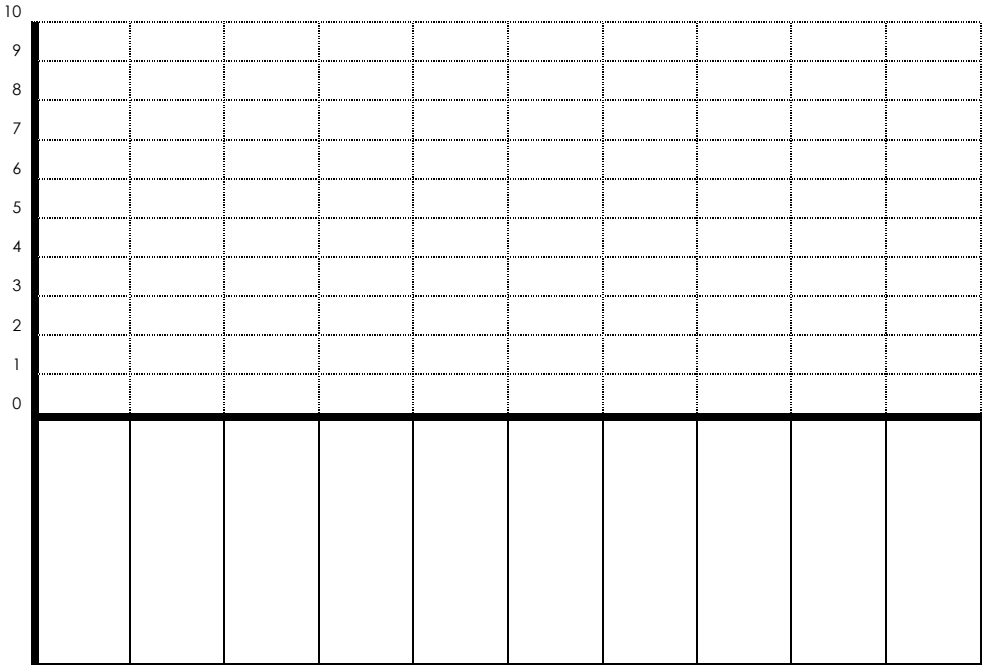
Life Balance Assessment



How to complete

Consider the key areas of your life, and use these to label the columns.

Examples include Health, Partner, Family, Friends, Vocation, Career, Spirituality, Hobbies. You can have as many or as few as you like but try to include all areas important to you.

Rank each area out of 10, with 0 being totally unsatisfied and 10 being completely satisfied.

Consider the reasons for your answers, and consider what would need to be different to increase the score.

Remember - true balance is when all areas give you a good level of satisfaction. What this means is completely up to you and can change regularly so it is worth considering revisiting this assessment periodically