

LIFE Balance Sheet

Let's try to get an understanding of how we are currently balancing the various areas of our life in terms of achieving total life balance, peace & centeredness...

Go through each area of your life and estimate a number from 1-10 in terms of how you would currently rate your success and sense of fulfillment in that aspect of your life. (1: being the least successful at the circumference of our circle, and 10: being the highest we could score, and living in alignment with our core.)

Once you have numbered the areas, draw a 'circle' connecting each one and notice what it looks like. Perhaps it looks more like a star than a circle? Our goal is to achieve a 10/10 in all areas of our life, balance our circle and life from the core of our Being.

