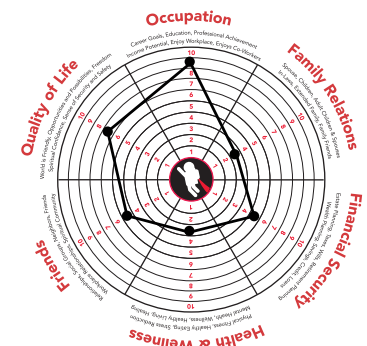
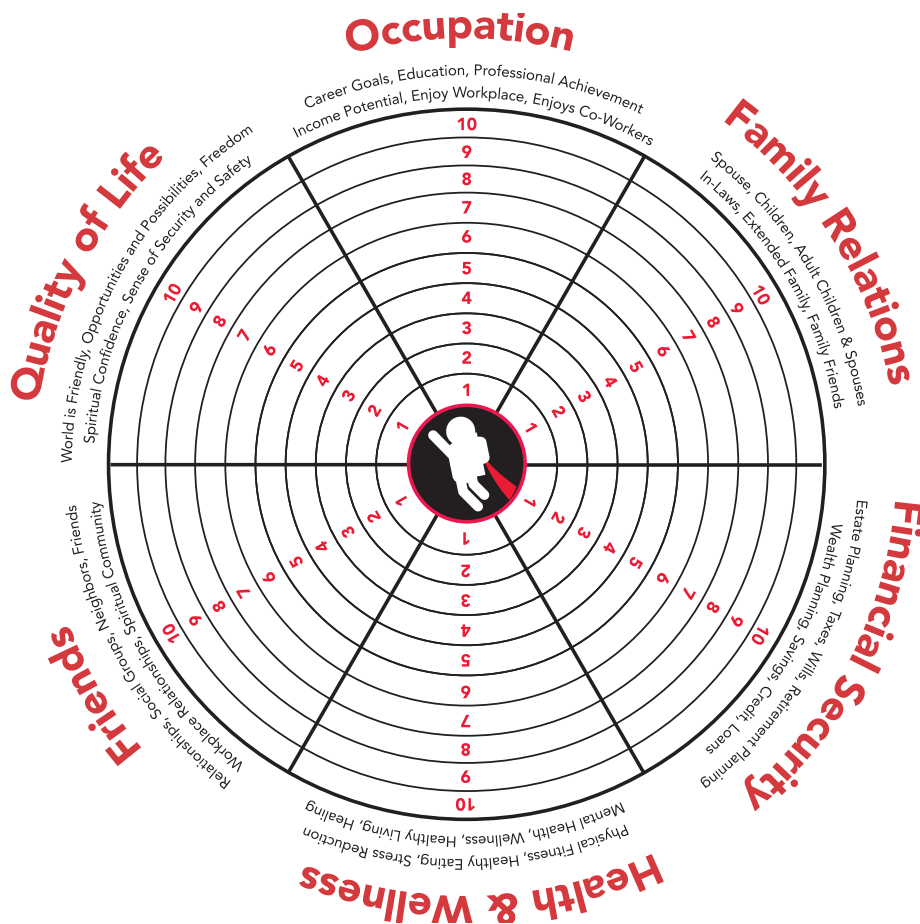


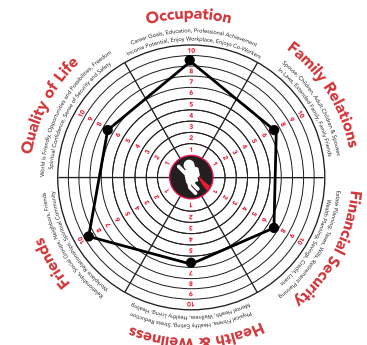
# Design a Successful Life Balance

**Honest Rating = Better Understanding** No right or wrong, good or bad.

1. Use worksheet to rate your own success according to your own standards. (10 being the highest). Circle your score on each category on chart.
2. Connect the marks. The more circular the pattern the more balanced. You can see the areas you want to improve.
3. Add each SCORE to the rectangular chart at the bottom.
4. Add the emotion that best describes how you feel about the Score. This will tell you where you stand.
5. Add a GOAL score if you want to improve them, then list actions items that will help you move the needle.



**Better Balance**  
Improve the areas important to you and the chart will appear more balanced.



Category	Score	Goal	List actions to take if you want to improve your score	When?
Occupation				
Family Relations				
Financial Security				
Health & Wellness				
Friends				
Quality of Life				