

LIFE BALANCE PROFILE

*“Discipline is the bridge between goals and accomplishments”
~ Jim Rohn*

	BODY			MIND				LIFE				WORK			
	Exercise	Nutrition	Health Habits	Stress Mgmt	Self-esteem	Spirituality	Contentment	Fun/Recreation	Home/Family	Friendships	Relationship	Achievements	Work/Career	Finance	Other
100															
90															
80															
70															
60															
50															
40															
30															
20															
10															
0															

INTENTIONS INTO ACTION

1 area I'd like to improve is:

2 ways I will achieve this are:

In 3 months change will show in the following ways:

Rate each area on a scale of 0 – 100. Fill in the corresponding box to create a profile of your life in these areas today. Choose one area that you would like to improve upon. Complete **INTENTIONS INTO ACTION** to the right and post this chart where you can view it daily. Once you feel as though your new plan is taking shape, consider adding a second area to improve upon. **Change** takes time, energy, and persistence. **Plan a step-wise approach.**

Exercise – are you achieving adequate levels of exercise each week?

Nutrition – do you focus on healthy eating most of the time?

Health Habits - can include sleep, schedule you keep, bad habits

Stress Management - are you aware of your stress? Do you have a healthy 'stress defense' plan?

Self-esteem - belief in oneself, self-respect.

Spirituality - does it exist in your life? Do you value it?

Contentment - day-to-day ease, satisfaction with overall life.

Fun/Recreation - how much do you make time for? Is it enough?

Home/Family - are you satisfied with your home life and relationships?

Friendships - quality and/or quantity of meaningful, fulfilling contacts

Relationship - do you have/ do you value your intimate relationship? Are you content without?

Achievements - education, promotion, family, fitness, hobby

Work/Career - do you gain satisfaction from your work/care

Finance - is your financial house in order?