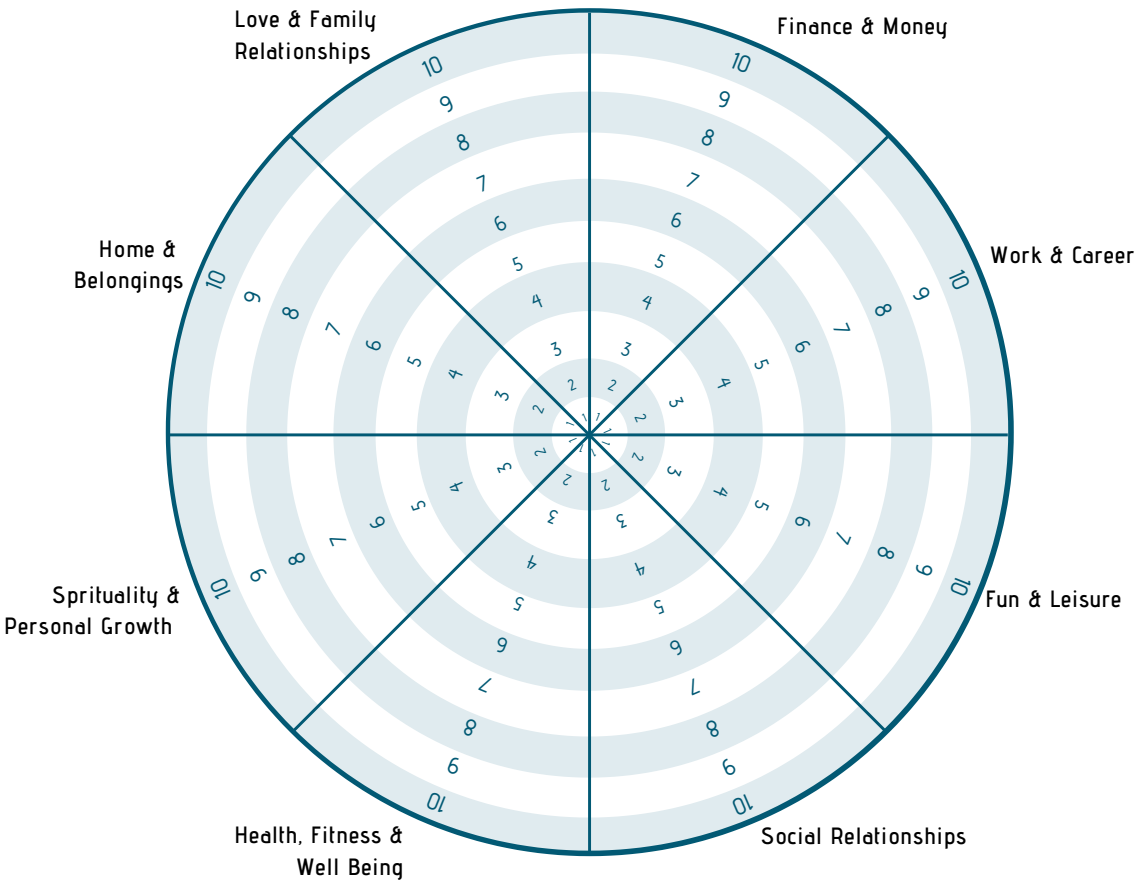
Life Balance Assessment Form

Purpose:

This assessment can help you determine how balanced your life is and how satisfied you are with it. It is a visual analysis of the areas in your life that are strong or weak, or that are full or lacking.

Instructions:

For each category, use the Assessment Key to determine your today's true level of satisfaction or happiness, rating each from 0-10. After shading in each section up to your rating, look at your resulting wheel to get a 'bird's eye' view of your life to see which areas are strong and which areas are lacking. Then go around the wheel again and ask yourself "What would this area look like at a 10?" Note some ideal scenarios and goals for each area to help you envision and create a more balanced, happier & meaningful life, ideally at all 10s!

Assessment Key

0 = I experience none of this value
1 = Next to nothing
2 = Very much lacking in my life
3 = Only a little bit
4 = Could use more but getting by
5 = Neutral, neither good nor bad
6 = Adequate amount in my life
7 = I'm content with what I have
8 = I'm more than content
9 = Generous abundance in my life
10 = Incredibly satisfied!