



# How Balanced are You?

1. Look at each aspect of your life below.
2. Decide how satisfied you are in that area from 1-10.
3. Color in the space from the Center to that line.
4. Do this for each area of your life.
5. Notice:
  - a. What areas of your life would benefit from extra attention?
  - b. How balanced is your life?
  - c. Are you satisfied in each of these aspects?
  - d. What are some next steps to support growth and balance in your life?

