

Life Balance Questionnaire

Name:		Date:
	Relating to Relating to Body Posture Body Posture Food Exercise Food Exercise Food Exercise Food Exercise Food Exercise	Attitude Emotions Relating to Seople Friends Business Business
On the diagram above, mark	on each area how happy you a	are now, where 1 is poor and 10 is optimal.
What are the 3 most importa	nt areas in life to you? (the are	as you are most eager to work on now)
1	2	3
1	n of the 3 most important area	

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