



Life Balance Questionnaire

Name: _____ Date: _____



On the diagram above, mark on each area how happy you are now, where 1 is poor and 10 is optimal.

What are the 3 most important areas in life to you? (the areas you are most eager to work on now)

1. _____ 2. _____ 3. _____

What is your top goal for each of the 3 most important areas (1, 2 and 3 above)

1. _____

2. _____

3. _____