

## Is your Life in Balance?

Below you can find areas of life that are valued by some people. This questionnaire will help clarify your own quality of life in these areas.

Rate the importance of each area (by circling a number) on a scale of 1-10 (1 means that area is *not important*, 10 means that area is *very important*).

Not everyone will value all of these areas, or value all areas the same. Rate each area according to **your own personal sense of importance**.

Area	Not Important ←-----→ Very Important
Family	1 2 3 4 5 6 7 8 9 10
Intimate Relationships	1 2 3 4 5 6 7 8 9 10
Parenting	1 2 3 4 5 6 7 8 9 10
Friends/Social Life	1 2 3 4 5 6 7 8 9 10
Work	1 2 3 4 5 6 7 8 9 10
Education/Training	1 2 3 4 5 6 7 8 9 10
Recreation/Fun	1 2 3 4 5 6 7 8 9 10
Spirituality	1 2 3 4 5 6 7 8 9 10

Citizenship	1	2	3	4	5	6	7	8	9	10
Health	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

## Time, Effort and Head Space

Now, give a rating to how much time, effort and head space you currently put into each area.

In other words, how in line with your values are you? Are you living your life in accordance with your values?

1 = little time, effort and 'head space'

10 = Maximum time, effort and 'head space'

Area	Minimum ←-----→ Maximum
Family	1 2 3 4 5 6 7 8 9 10
Intimate Relationships	1 2 3 4 5 6 7 8 9 10
Parenting	1 2 3 4 5 6 7 8 9 10
Friends/Social Life	1 2 3 4 5 6 7 8 9 10
Work	1 2 3 4 5 6 7 8 9 10
Education/Training	1 2 3 4 5 6 7 8 9 10
Recreation/Fun	1 2 3 4 5 6 7 8 9 10
Spirituality	1 2 3 4 5 6 7 8 9 10
Citizenship	1 2 3 4 5 6 7 8 9 10

Health	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

Value to step closer to

.....

Goal.....

.....