

Life Balance Tool

This is a powerful tool for discovering where you are in and out of balance in your life and where to look to begin regaining that balance.

Step 1 - the prep

Take a moment to get grounded and centred. Close your eyes, take a few deep breaths and feel your feet on the floor. When you're ready, distinguish 8 areas that make up your IDEAL life. There is no right or wrong, this is your *ideal life*. Write these in the boxes on the worksheet on page 2. Give yourself a few minutes to get all 8.

Examples might be: family, friends, relationship, romantic, career, job, volunteer, community, nature contribution, adventure, wellness, fun, travel, finances, money, health, spiritual, self-care, education, learning.

As you write down your life areas, make a few notes on what this area of life means to you. Travel to one person might mean 3 round the world trips per year, where to someone else it may mean travel for family camping trips in the summertime. Get clear on what that ideal area of life looks like.

Step 2 - the visual

Now that you have those 8 areas of your ideal life distinguished, look at each one individually. On a scale of 1 - 10 with 1 being not satisfied at all and 10 being fully and completely satisfied, where are you currently at in that area of life? Shade in the boxes up to that number.

Having completed this in all areas you will have a bar graph in front of you where you can visually see a snapshot of your life balance. What comes up for you looking at this? Are you more fulfilled in areas you thought you were less fulfilled in, or vice versa? Is there anything that surprises you or stands out?

Step 3 - the tool for your (metaphorical) toolkit

Choose the area of your life that received the lowest score, (or the one you would most like to work on). What can you do this week, or even today, to move that number up one? For example, if your area was family and you rated it a 3, what is one thing you could do this week to move that 3 to a 4?

Write down that action and share it with a friend, family member or life coach to hold you accountable. This is a tool that you can apply to all areas of your life, one action step at a time.

Your Life Balance Chart will change at different points in your life. It's really interesting to save and re-do again in 6 months or a year and see what's changed!



_____ 's Life Balance Chart Date: _____

Ideal Life Areas	1	2	3	4	5	6	7	8	9	10
1.										
2.										
3.										
4.										
5.										
6.										
7.										
8.										

Action Item(s)

Where you are is where you are. You are right where you need to be.

Ideal Area: _____

If I take the following action this week, this area of my life will shift from a # _____ to a # _____

Action:

How will I stay accountable to taking this action:

