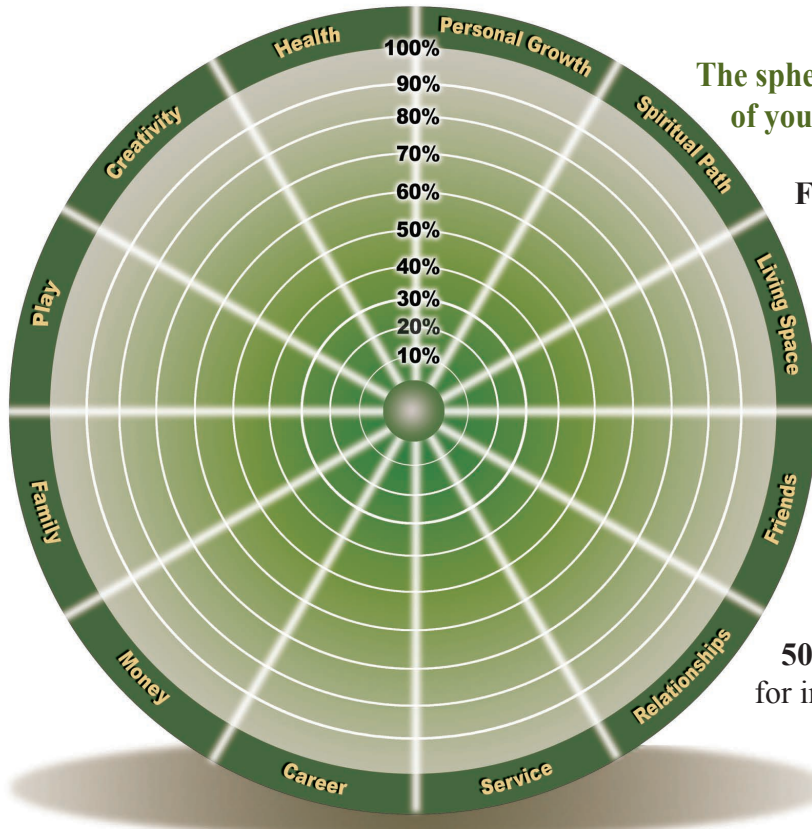


Life Balance Sphere

Use this simple survey to measure how happy and successful you feel your life is.



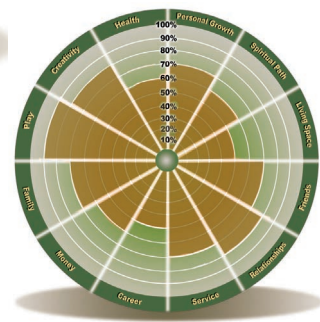
The sphere at left shows 12 areas of your life.

For each one, ask yourself:
“On a scale of one to ten, how satisfied am I with this part of my life?”

100% means awesome.
I couldn't imagine how anything could be better.

10% means disaster.
It could not be worse.

50% is passable, with room for improvement.



After you have evaluated each area of your life, fill in that segment of the sphere. When complete, it will resemble the example at right.

Select an area or areas that you are willing to change. Now envision three changes in those areas that would make the biggest difference to your happiness and success, in both the short and long term, when completed.

Write them here, and share them with your coach.

- 1.
- 2.
- 3.