

## Life Balance Satisfaction

*How balanced is your life?*



	0	5	10
<b>Family</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Finances</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Health</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Career</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Personal Growth</b>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Instructions:**

1. In each category above, fill in the bar according to your satisfaction
2. Write the number that you filled up the bar at the end of it. For example, if you are 75% satisfied with your career, fill up the bar to the third line and write in 7.5 on the line
3. Add the scores up and divide them by 5. What is the average score? \_\_\_\_\_
4. What 3 things can you do today to balance your life?

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The results should give you an idea of how you are doing in each area of your life as well as overall life balance.