

## Life Balance Assessment

When our lives feel balanced, we can handle the natural stressors of everyday living easier. When we feel out of balance and pulled in multiple directions, even the slightest thing can cause us to react in ways we regret. See how balanced your life feels and the importance of having a trusted advisor to help regain a sense of clarity.



Take a few minutes to rank the following nine areas of your life with regard to your level of satisfaction (rank from 0 to 10). Don't attempt to do this perfectly. It is designed to be a snapshot of your level of satisfaction right now.

Not satisfied at all = 0 Totally satisfied = 10

\_\_\_\_ Career

\_\_\_\_ Finances

\_\_\_\_ Health

\_\_\_\_ Friends and Family

\_\_\_\_ Significant other/Romance

\_\_\_\_ Personal growth

\_\_\_\_ Fun & Recreation

\_\_\_\_ Spirituality

\_\_\_\_ Physical Environment (your home, the city/town in which you live, neighborhood, climate, the part of the country in which you live)

If you have any area with a 6 or below, reach out for a complimentary session to learn how coaching can help you align your life.

Email me prior to your complimentary session (24 hours prior if possible) at

[hello@tinamariejones.com](mailto:hello@tinamariejones.com)

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Best time to reach you \_\_\_\_\_