



## LIFE BALANCE VALUES ASSESSMENT

### STEP 1 EVALUATION

Think about each life category below in a general way before rating it. If you need additional clarity refer to the definitions below. Then, on a scale of 1 to 10, with 1 being *Dismal* and 10 being *Fantastic*, rate the following areas of your life:

- |                     |                      |                      |
|---------------------|----------------------|----------------------|
| ❖ Financial _____   | ❖ Career _____       | ❖ Family _____       |
| ❖ Wealth _____      | ❖ Wellbeing _____    | ❖ Friendship _____   |
| ❖ Health _____      | ❖ Fulfilment _____   | ❖ Relationship _____ |
| ❖ Fitness _____     | ❖ Contribution _____ | ❖ Social _____       |
| ❖ Mindfulness _____ | ❖ Growth _____       | ❖ Recreation _____   |
| ❖ Spiritual _____   | ❖ Environment _____  | ❖ Fun _____          |
| ❖ Business _____    | ❖ Energy _____       |                      |

#### Definition of life categories:

Financial (assets, liabilities, income, expenses, investments, security)

Wealth (material prosperity, relationship with money)

Health (healthy mind, body, and spirit – free from illness and disease)

Fitness (strength, robustness, vigor, athleticism, muscularity)

Wellbeing (characterized by health, happiness and prosperity)

Mindfulness (being present, conscious and aware)

Business (entrepreneurial opportunities and growth)

Career (opportunities for progress)

Spiritual (living your faith, values, principles and morals)

Fulfilment (sense of satisfaction, developing character and living on purpose)

Contribution (helping causes or facilitate positive change)

- Growth (ongoing learning and development of your gifts, talents and skills)
- Environment (the surroundings and conditions in which you live)
- Energy (vitality required for sustained mental or physical activity)
- Family (relationship with members of your family)
- Friendship (relationship and time spent with friends)
- Relationship (connection with spouse or significant other)
- Social (socializing with your family, friends and community)
- Recreation (taking time off to take care and recharge yourself)
- Fun (enjoyment, amusement, light hearted pleasure)

STEP 2 TOLERATIONS

Are you ready to make some real changes? When you know you have the power to change and you become very honest with what you have been putting up with in your life, change can happen rapidly. This exercise is about helping you get really clear with tolerations and then take immediate steps to change.

Tolerations can happen in all areas of life. In this exercise you will be going through each area of life and determine what you are putting up with. Below is a list of examples.

I am:

- Tolerating not saving \$2000. per month
- Tolerating Mortgage or car payments
- Tolerating an office, home or backyard that is an eyesore
- Tolerating too much debt
- Tolerating watching too much TV
- Tolerating not exercising on a regular basis
- Tolerating not deepening my spiritual connection
- Tolerating a poor relationship
- Tolerating not having a life plan
- Tolerating not having a coach
- Tolerating not living where I want

Now comes the fun part. In each category below, list what you are tolerating. Remember you can't change what you can't acknowledge, so don't hold back.

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Wealth

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# Wellbeing

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# Mindfulness

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# Business

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## Recreation

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## Fun

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### STEP 3 GOALS

Write out one or more goals for each category which will improve this area considerably? (Note: for goals to be effective we suggest writing them in the first person “I am” with a clear description and a set time that the goal will be accomplished. Example: “I am finding an amazing new job by December 31, 2016 or sooner.”)

Once you have writing out the goal, then ask: “What is the most important reason I will accomplish my goal, no matter what?” Write your answer the “Purpose” area.

## Financial

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## Purpose

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## Wealth

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## Purpose

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## Health

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Purpose

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Fitness

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Purpose

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Wellbeing

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Purpose

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Mindfulness

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Purpose

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Business

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Purpose

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Career

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Purpose

Spiritual

Purpose

Fulfillment

Purpose

Contribution

Purpose

Growth

Purpose



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Environment

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Relationship

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Social

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Purpose

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Recreation

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Purpose

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Fun

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Purpose

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