



# 12 AREAS OF BALANCE

## SET GOALS IN ALL AREAS OF YOUR LIFE

In this exercise, you'll be able to rate how you currently feel in each area of life. There are no right or wrong answers and nobody will see this, so be honest in your scoring. This is how YOU feel, not how you think others want you to feel. When I completed this exercise for the first time, I realized how off kilter my life was and then was able to make a clear vision on what areas to focus more attention on.

Once completed, determine 2 areas you wish to increase. Make a plan to take action in order to increase these areas within the next 12 weeks. But remember, it's YOU that needs to change to increase your 2 areas, not family, co-workers, friends, etc. Change happens from within.

Please go to this link to take a full detailed assessment: <https://life.mindvalley.com/>

### STEP 1

For each category below, rate your life on a scale of 1 to 10, with 1 being very weak and 10 being extraordinary. Then write 1-2 sentences on how you want to feel in each area. For example, Your Health: I want to always have energy, have mobility to be able to easily sit on the ground, stand without grunting, and have clothes feel comfortable.

**Your Love Relationship:** This is the measure of how happy you are in your current state of relationship – whether you're single and loving it, in a relationship, or desiring one.

Your rating: \_\_\_\_\_

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**Your Friendships:** This is the measure of how strong a support network you have. Do you have at least five people who you know have your back and whom you love being around?

Your rating: \_\_\_\_\_

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**Your Finances:** How much financial freedom do you have to travel, experience the world, and do things that open you to new experiences and excitement?

Your rating: \_\_\_\_\_

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**Your Quality of Life:** This is the quality of your experiences, your home, your car, your workspace, the hotels you get to stay in when you travel. How often are you surrounded by beauty and luxury?

Your rating:\_\_\_\_\_

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**Your Health and Fitness:** How would you rate your health, given your age, and any physical conditions?

Your rating:\_\_\_\_\_

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**Your Intellectual Life:** How much and how fast are you growing and learning? How many books do you read? How many seminars or courses do you take yearly? Education should not stop after you graduate from college.

Your rating:\_\_\_\_\_

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**Your Emotional Life:** How do you feel on a consistent basis? Are your days happy? Are you calm and blissful in the face of stress?

Your rating:\_\_\_\_\_

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**Your Spiritual Life:** How much time do you devote to spiritual, meditative, or contemplative practices that keep you feeling connected, balanced, and peaceful?

Your rating:\_\_\_\_\_

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**Your Career:** Are you growing, climbing the ladder, and excelling? Or do you feel you're stuck in a rut? If you have a business, is it thriving or stagnating?

Your rating:\_\_\_\_\_

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**Your Character:** Who are you deeply as a person? How easily do you get influenced by others? How persistent are you with living your values?

Your rating:\_\_\_\_\_

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**Your Family & Parenting Life:** Do you love coming home to your family after work? If you're not married or a parent, define your family as your parents and siblings.

Your rating:\_\_\_\_\_

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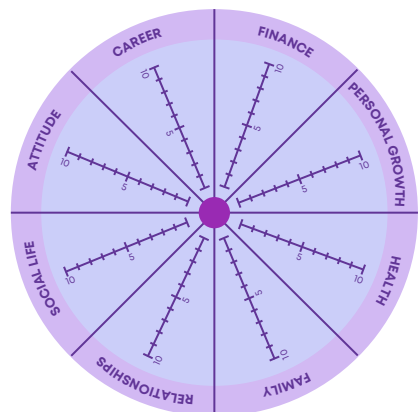
**Your Life Vision:** Are you crystal clear on where you're going in life? Do you have a clear vision for the person you want to become and the life you really want to live?

Your rating:\_\_\_\_\_

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**Because I'm a visual person, you can use this chart to help you FILL IN AND HELP YOU visualise the areas you're less happy with.**



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### STEP 2

Highlight the 2 areas of balance with the lowest score. These are the areas you are going to take a closer look at your beliefs and commit to working on in the next 12 weeks.

Area 1: \_\_\_\_\_

Area 2: \_\_\_\_\_

### STEP 3

Ask yourself these questions about your two lowest scored areas. What are my beliefs around this area? Write down what your current reality is in the area and what you currently see as the gold standard. Are these beliefs absolute or relative truths?

Area 1: \_\_\_\_\_

Area 2: \_\_\_\_\_

### STEP 4

What action steps can you take in the next 12 weeks in order to increase your scores?

Area 1: \_\_\_\_\_

Area 2: \_\_\_\_\_

### STEP 5

Look at the areas that are scored high – why do you feel these areas scored higher?

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**You can complete this exercise again after 12 weeks to gauge your results from the actions you've taken.**