

# Creating My Balance

1	I am satisfied with my relationships (family and others).	___/10
2	I feel satisfied with where I am in my career or education.	___/10
3	My money and finances are exactly where I want them to be.	___/10
4	I am satisfied with my physical health and the amount of fun I have.	___/10
5	Life's responsibilities often leave me feeling calm and at peace.	___/10
6	I give back to others and contribute frequently.	___/10
7	I am satisfied with my mental health and inner well being.	___/10

This is the area I want to create more balance:

My personal statement to create a balanced life in the area of \_\_\_\_\_ is as follows:

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