

## Life Balance Assessment

1. Rate each area on a scale of 1-10 (10 being high), with how satisfied you are with each area of life. This gives us a snapshot of what's going on in your life. Life goes up and down for many reasons, so allow yourself to be non judgmental and accepting.
2. Identify your Areas of Priority (pick 1- 3)
3. Next Ask yourself what would make this area of your life a 10?! What would make it amazing?

