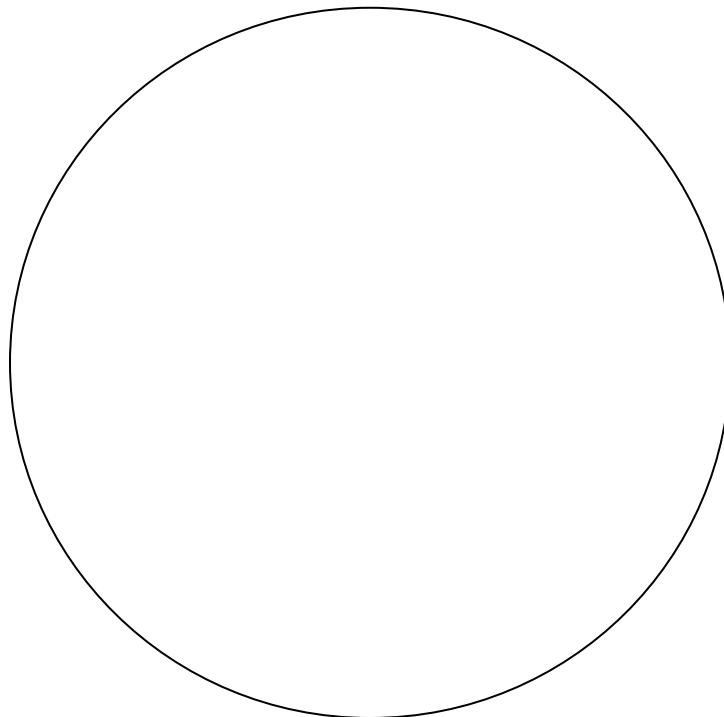


The Life Balance Chart and Goals

1. **The Life Balance Self Examination:** Next to of the areas of a balanced life listed below put a percentage of the time and energy you spend on each: relationships/home, spiritual/community, social/cultural, financial/career, personal development/educational and health/appearance. These should total 100%. Draw a circle and divide it into a pie chart representing the corresponding percentages. Mark your calendar six months from now to complete this pie chart again and compare. Is it in balance?

- _____ % Relationships/Home
- _____ % Spiritual/Community
- _____ % Social/Cultural
- _____ % Financial/Career
- _____ % Personal Development/Educational
- _____ % Health/Appearance
- 100% TOTAL**



2. **The Life Balance Goal Cards:** Write each of the six areas above on the top of one index card (six cards total). Write them on a piece of paper if you do not have index cards. List at least one specific goal under each area with a deadline for achieving it. Remember, “I will find more time for social outings” is not a goal. “I will organize a women’s night out once a month with three friends and have the first one by mid February.” is a specific goal with a deadline. More than one goal per card is OK! Are they SMART Goals? (Specific, Measurable, Attainable, Results Oriented, and Time Framed.)

	Relationship/Home	Spiritual/Communi.	Social/Cultural	Financial/Career	Pers. Dev./Ed	Health/Appear.
Goal #1						
Goal #2						