

Operation Goddess

LIFE BALANCE WORKSHEET

Name:

Date:

To live a happy and joyful life it is important that we have balance in all areas of our life. We also want to see growth and success in all these areas.

This worksheet has been divided into 3 life areas, each with 4 sections.

Task 1: Write about your goals and ideas for improvement in each of these sections.

Task 2: Give each section a satisfaction rating out of 10. Anything below an 8 needs your love, attention and focus. You deserve all your life areas to be thriving and to be bringing you contentment.

EXPERIENCES

Love Life & Relationships

Friendships

Adventure & Living Life to the Max

Environment

GROWTH

Health & Fitness

Spiritual Life

Intellectual Life

Skills

CONTRIBUTION

Career & Work Life

Creative

Family

Community Service