

## Life Balance Test

This quick, simple test will help you discover how in or out of balance your life is at the moment and give you insight about where attention is needed.

**Step 1.** Print these pages.

### Step 2.

At the end of each spoke on page 2, write an area of life that's important to you. You can choose from this list or make your own, adding spokes to the wheel if needed.

Examples:

Health	Co-workers	Career Development
Family	Fun and Recreation	Home/lifestyle
Spouse/Partner	Personal Growth	Travel
Friends	Home Environment	Study
Needs met	Work Environment	Expression
Work	Support	Freedom
Play	Community	Hobbies
Money	Mental Health	Pets
Spirituality	Relaxation	Anything that means happiness
Life alignment	Family	and fulfillment to you...
Self Care	Creativity	

### Step 3.

Each spoke has ten points on it, from 0 in the center to 10 on the outside. Using a pencil, (so you can modify your wheel as you grow) evaluate on a 0-10 scale how happy, satisfied or fulfilled you are with this part of your life. Now's the time to be completely honest with yourself!

### Step 4.

Join up your marks using curved lines. Now you have a picture of the balance in your life right now. Imagining that the center of the circle is your center, the "axle" of your being as you roll through life -- how's the ride?

How round is your wheel? Where is it dented?

If this wheel stays the same, where are problems likely to show up? What actions (taken now) would prevent those problems? What's denting your wheel? Stress, old issues, negative beliefs, lack of clarity, lack of support?

How big or small is your circle? Do smaller or larger wheels get knocked off course more easily?

We all know a broken wheel will either slow you way down or stop you in your tracks, so now that you've got a simple view of what's not rolling smoothly, maybe it's time to imagine how life would be riding on a nice, big, even wheel! Ahhh, now you'd get to start noticing the beautiful scenery instead of bumping along. And you'd get to where you're going so much more quickly and easily! How would *that* be?

**Bring this worksheet to your Free Introductory Session and let's get you rollin'!**

Jim Pehkonen, Life Architect  
[jim@AmazingLifeDesign.com](mailto:jim@AmazingLifeDesign.com)  
801-913-5191

# How Balanced is Your Life?

