

Name: _____

Date: _____

Taking Inventory – How’s the Balance in Your Life?

Below is a list of dimensions that are often part of a balanced life. Using a scale from 1-10, rate each item as to how well you feel it is presently developed (1= low/underdeveloped; 10= high/well developed) and place your rating in the “Current” column. Extra rows have been provided so you can add any dimensions that may have been left out. After you have rated each individual dimension, provide a rating of your Overall sense of satisfaction in the bottom row.

Once you have rated your current level, go back and rate what you would consider to be the “Ideal” level for each dimension. Don’t automatically assume that the ideal for each one is a “10”; some items may be more important than others. For example, a person may consider that while Spirituality should be a “10”; the ideal physical would be an “8.” Another person may rate the ideal work environment as a “7”; home environment an “8”; but want an ideal of “10” on intimacy. Place your ideal rating in the “Ideal” column.

Be sure to give *your own opinion* for each rating – not what your partner thinks, or what you think is the “proper” response.

Dimension	Ratings	
	Current	Ideal
<i>Professional / Career</i>		
<i>Financial</i> <i>(Income/Net Worth)</i>		
<i>Physical / Health</i>		
<i>Spiritual</i>		
<i>Social Support</i> <i>(Friends and Colleagues)</i>		
<i>Intimacy</i>		
<i>Family</i> <i>(Everything but your partner)</i>		
<i>Learning / Growth</i>		
<i>Physical Environment – Home</i>		
<i>Physical Environment – Office</i>		
<i>Play / Fun</i>		
Overall		

Ratings: 1= Low/Underdeveloped; 10= High/Well Developed