

Do you have  
balance in  
your life?



What needs to change to achieve  
balance in your life?

Download my free worksheet to see where you might be out of balance and to determine what needs to happen to bring it back.

# Life Balance Worksheet

## Reena Davis Yoga & Wellness

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Let's look at 7 basic areas of your life to see how you feel you're doing:

### Social and family relationships

Enter a value  
between 1-10, 1  
being not  
important, 10 being  
very important

How important are family relationships to you?	
How satisfied are you with family relationships?	
I feel that my family accepts me as I am	
How important are social relationships to you?	
I have strong social relationships	
How important are close friendships to you?	
How satisfied are you with your close relationships	
I feel I am good at connecting with others on a deep, meaningful level	
How important are romantic relationships to you?	
I am satisfied with my romantic relationships	

**What needs to change? What is your vision for social and family relationships**

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### Career and Education

How important are career achievements to you?	
How satisfied are you with your career or education achievements to date?	
How much do you look forward to going to work each day?	
How fulfilled are you with your current work environment?	
Does your career stimulate and develop you as a person?	
Do you feel you have a good work/life balance?	
Is your career moving you in the direction you want to go?	
How important are strong work relationships to you?	
How satisfied are you with your work relationships?	
Do you find fulfillment and/or contentment in your current in your current work?	
How urgently would like a career change?	

**What needs to change? What is your vision for your career or education?**

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**Money and Personal Finances**

How important is financial freedom to you?	
How satisfied are you with your current financial position?	
Do you have enough money to meet all of your needs?	
Do you have enough money to meet all of your wants?	
Are you always aware of what's in your bank account?	
Is being generous important to you?	
How satisfied are you with your current level of generosity?	
How willing are you to step out of your comfort zone to achieve financial freedom?	
How much do you worry about finances?	

**What needs to change? What is your vision for finances?**

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**Health, Recreation and Leisure**

How important is work/life balance to you?	
How satisfied are you with your work/life balance?	
How important is your physical health?	
How satisfied are you with your physical health?	
How willing are you to make changes to support your physical health?	
How satisfied are you with your current level of free time?	
How frequently are you able to do things you enjoy?	
How often do you engage in activities aimed at self-care?	

**What needs to change? What is vision for your health, recreation and leisure?**

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## Routine Responsibilities

How important are routine responsibilities to manage your home (Cooking, cleaning, errands, managing finances etc)?	
How much support do you get in managing the home?	
Is support available to you?	
How much stress do you feel about home duties?	
Would your home life be less stressful if you had a better system for managing duties?	
How satisfied are you with your current home environment?	
How much easier would home life be if you had good systems in place?	
How willing are you to have a conversation with others in your home to balance duties?	

**What needs to change? What is vision for your routine responsibilities?**

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## Contribution and Giving Back to Society

How important is it that you feel you have contributed to society?	
How satisfied are you with your current level of contribution?	
How satisfied are you with the level of difference you make in the lives of others?	
How important is it to you to leave behind a meaningful legacy?	
How satisfied are you with the legacy you would leave behind right now?	
How often do you get involved with supporting initiatives you genuinely believe in?	
How supportive are you in relationships with those closest to you?	
How much value do others find in their relationship to you?	

**What needs to change? What is vision for your contribution or giving back to society?**

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## Mental, Emotional and Spiritual Health?

How important is your mental health and strength to you?	
How mentally healthy do you feel right now?	
How important is emotional strength to you?	
How emotionally strong do you feel right now?	
How secure do you feel as a person?	
How fulfilled are you with how you are currently living?	
How important is being spiritually healthy to you?	
How spiritually healthy do you feel right now?	
How often do you take time to recharge?	
How consistent are you in managing emotions?	
How often do you invest in your own personal growth?	

What needs to change? What is vision for your mental, emotional and spiritual health??

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Look at all of the 7 areas and not where your scores are low. Is that an area that is important to you? If so, you may need an action plan to help you achieve more balance.

**Make a commitment to yourself right now!**

What can you change today to start moving in the direction of a more balanced life?

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What steps can you take this week to start moving toward a more balanced lifestyle?

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