

# Life Balance Evaluation

**Exercise 1:** In the first column, number your categories **in order of importance** to you, with the number “1” being your first priority, etc.

In the next column, number your categories in the order in which you **spend the most time** currently (or usually).

Now, beneath the columns, write down your thoughts about how your priorities match up with your time spent on them. Do they match evenly? Is your number one priority the area in which you spend most of your time? Is there an area that needs your attention? Is there more than one area that needs your attention? Do you feel like your life is in pretty good balance for you? You may use the space at the bottom of the worksheet to answer these questions before moving on to Column 3.

Finally, in the third column, number your areas in the order in which they **need your greatest attention** in order to create a more balanced life. For example, if your health is important to you, but has suffered because you have spent most of your time working, you may put a number 1 in the 3<sup>rd</sup> column next to health to show that it is the first area you want to carve out some time to improve. The things you already feel you are doing well move to a lower priority in the third column because they don’t need as much immediate attention.

	Order of Importance	How I Spend My Time	Needs Most Attention
Self-Care/Health	___	___	___
Family	___	___	___
Friends/Social	___	___	___
Work	___	___	___
Finances	___	___	___
Spirituality	___	___	___
Fun	___	___	___
Education	___	___	___
Surroundings	___	___	___
Community	___	___	___
Purpose	___	___	___

After completing the first two columns, write your thoughts about how your priorities match up with your time spent on them. Is your number one priority the area in which you spend most of your time? Is there an area that needs your attention? Is there more than one area that needs your attention? Do you feel like your life is in pretty good balance for you?

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Keep this assessment handy as you will be using it throughout this book. Remember the above is just an example. You may make any changes or adjustments that are useful to you.

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