



Areas of a Balanced Life

1. Spiritual

- Am I taking the appropriate time to grow in my spirituality?
- What area do I want to grow in?
- How do I want to grow?
- Is this part of my life in balance?
- How am I investing my time, energy, and resources in this area?

2. Family

- Am I spending quality time with my family?
- Am I spending quality time with my spouse?
- Am I building lasting relationships with my family?
- Am I training my children with needed life skills?
- Am I taking vacations on a regular basis? Is this part of my life in balance?

3. Health & Life

- How do I feel each morning? Do I jump out of bed looking forward to the day?
- Am I well-rested?
- Am I eating healthy?
- Am I exercising?
- Am I taking the appropriate vitamins and supplements?
- Am I drinking enough water?
- Is my lack of energy keeping me from living the life I want to live?
- Do I have any unhealthy habits I need to quit?
- Is my weight where I want it?
- Is this part of my life in balance?

4. Relationships

- Are any of my relationships preventing me from having life balance?
- Are any of my relationships getting in the way of my family?

- Am I participating in any activities that are preventing me from developing in this area?
- Is this part of my life in balance?

5. Career

- Am I doing what I am called to do?
- Do I love what I do?
- Is my current lifestyle preventing me from changing jobs or careers because I can't live or careers because I can't live in less?
- Is this part of my life in balance?
- Are you doing what you were called to do? Find something that is enjoyable and fulfilling.

6. Financial

- Am I managing my finances well?
- How can I maximize my current income/manage current expenses?
- How can I eliminate my debt?
- Do I need to establish an emergency fund?
- Do I need to establish an Emergency Living Expense Fund?
- How can I give more?
- Does my spending plan line up with my values?
- Will I be able to retire?