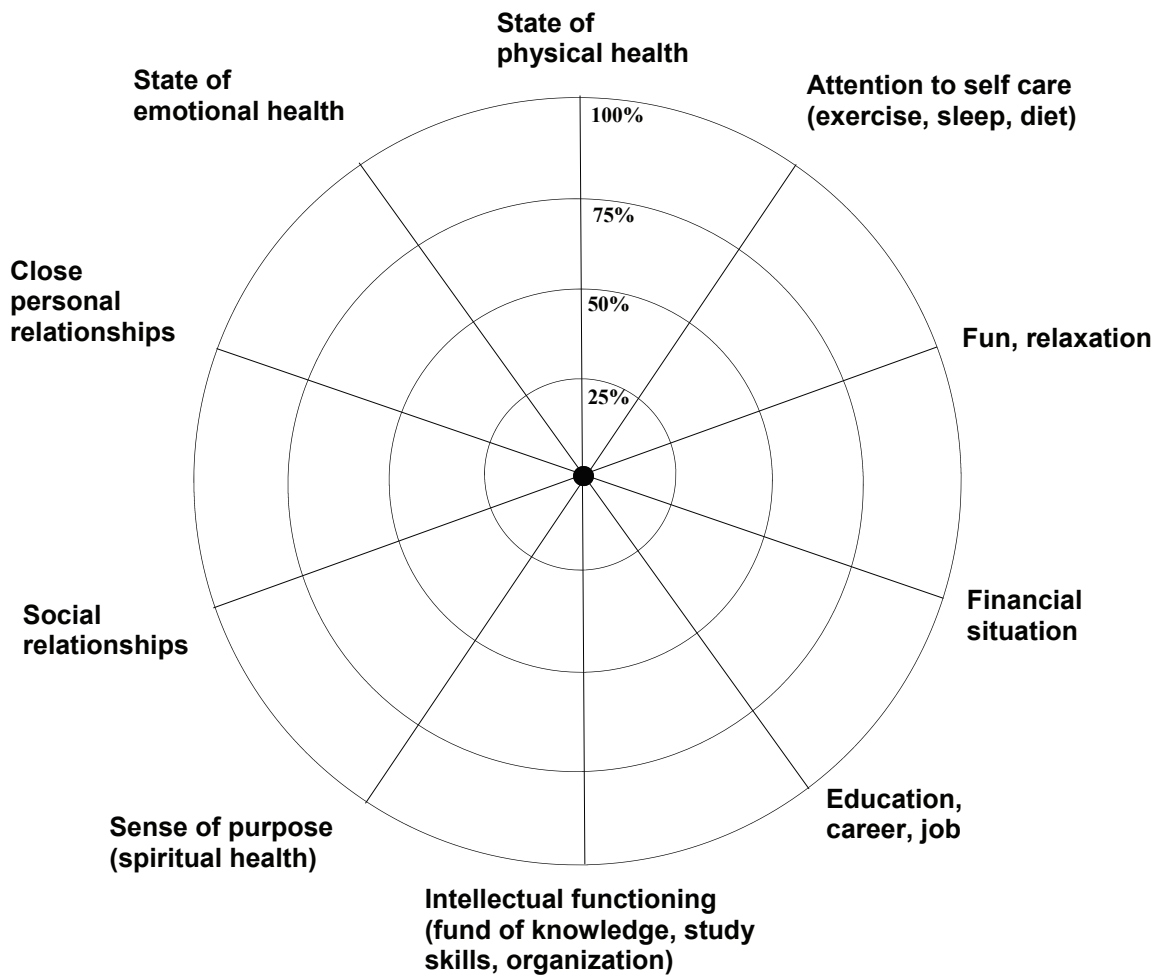


LIFE BALANCE ASSESSMENT SHEET

Overall, how satisfied are you with the various areas of your life?

Place an X along each line, and then connect the Xs. Optimally, the shape you create will be a large circle. If the circle is small, consider depression. If the shape looks like a star, some areas either may be sources of anxiety for you, or may simply need more attention.



LIFE BALANCE PLANNING SHEET

	Grateful for	Long term goals	Short term goals	First steps
Physical health				
Emotional health				
Self care (exercise, diet, sleep)				
Fun, relaxation				
Close relationships				
Social relationships				
Sense of purpose				
Intellectual functioning				
Education, career, job				
Financial situation				