

# How Balanced Is Your Life?



This is a simple yet powerful tool to get clarity on the areas of your life that need your focus. Use this tool to check in with yourself on a weekly or monthly basis. By doing this exercise you will be able to see what might be getting swept under the carpet. It is a quick way to get back on track and reclaim your personal power.

1. Get familiar with the areas of life described below and make sure you understand what they refer to.

**Love Life** = A significant other, the level of love you feel in your life.

**Health** = Exercise regime, level of physical health, energy levels, diet.

**Family** = Immediate family members, feeling of family connections.

**Friends** = Support, understanding, joy, connection, loyalty, feelings of belonging.

**Spirituality** = Your connection to Source (inner guidance), sense of being protected, personal practices (prayer, meditation, affirmations).

**Leisure Time** = Rest & relaxation, rejuvenation.

**Finances** = Money management, feelings of abundance.

**Life Purpose** = Meaning of your life, your chosen work in the world.

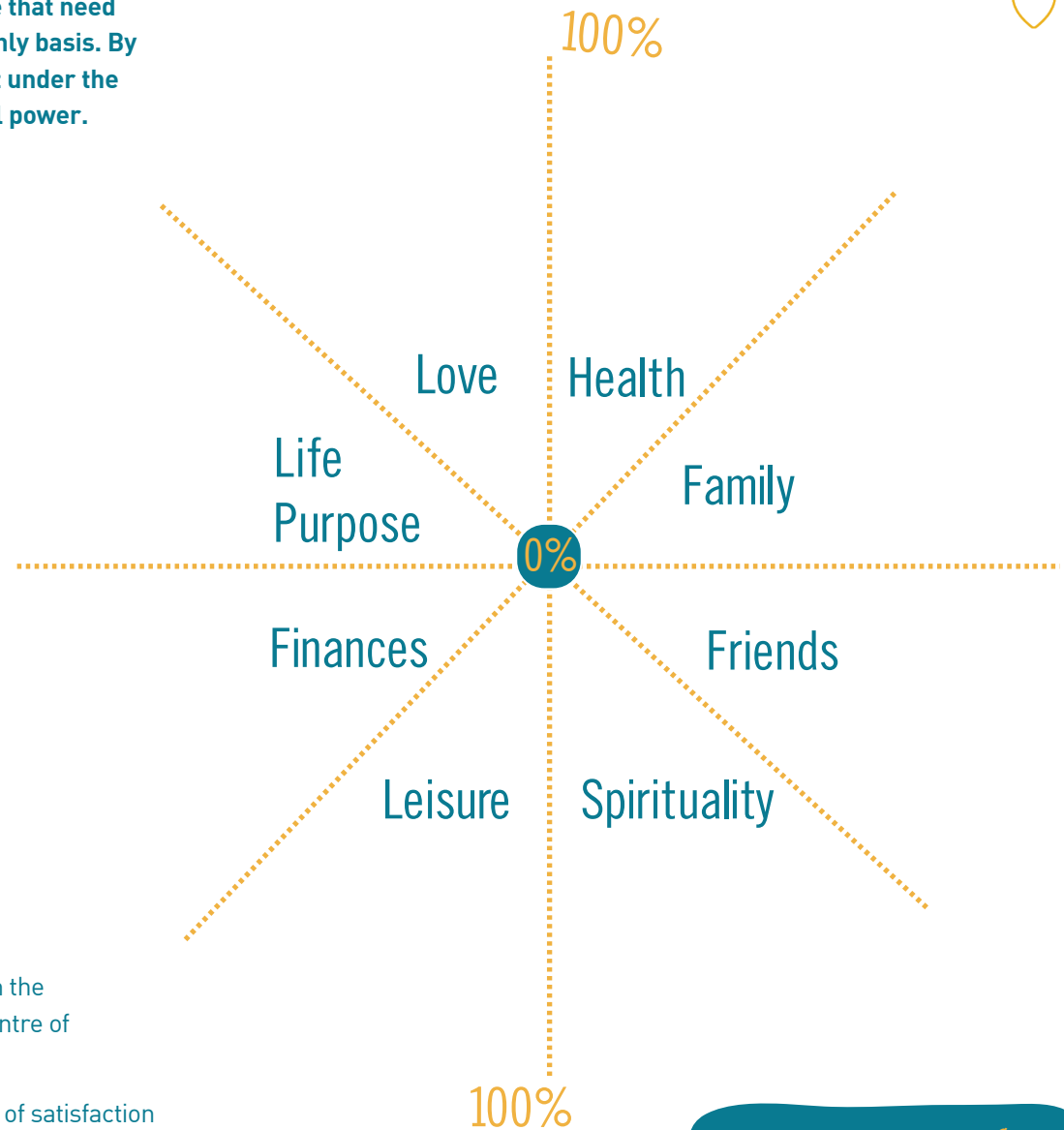
2. Now comes the fun part. This needs to be *done without thought*.

Choose the first number that pops into your mind. Allow your intuition to guide you. Be completely honest with yourself. Close your eyes and ask yourself the following question, "**How satisfied am I from 0% - 100% with my \_\_\_\_\_?**" (insert area of life)

3. When you intuit your percentage of satisfaction, write that number in the slice of pie, next to that area of your life. Draw a line delineating the percentage of the slice. 0% is indicated in the centre and 100% would form the edge of the circle at its fullest shape. 50% would slice right through the centre of the pie. Don't worry, we all have a wobbly inner circle.

4. Once you have your inner circle defined and have figured out your levels of satisfaction take a deep breath and see what you notice.

5. Find the area that got the lowest level of satisfaction. For an immediate shift in that area follow up with the **Positive Re-patterning** exercise.



Use this when you feel

- ∞ Stressed out
- ∞ Confused about Life
- ∞ Bored