**Exercise: The Twelve Areas of Balance For each category in the Twelve Areas of Balance**

*Below, rate your life on a scale of 1 to 10, with 1 being “very weak” and 10 being “extraordinary”:*

**1. YOUR LOVE RELATIONSHIP**. This is a measure of how happy you are in your current state of relationship. Your rating: \_\_\_\_\_\_\_\_

**2. YOUR FRIENDSHIPS**. This is the measure of how strong a support network you have. Your rating: \_\_\_\_\_\_\_\_

**3. YOUR ADVENTURES**. How much time do you get to experience the world and do exciting things? Your rating: \_\_\_\_\_\_\_\_

**4. YOUR ENVIRONMENT**. This is the quality of your home, car, workspace, living space, travel accommodations, etc. Your rating: \_\_\_\_\_\_\_\_

**5. YOUR HEALTH AND FITNESS**. How would you rate your health, given your age and any physical conditions? Your rating: \_\_\_\_\_\_\_\_

**6. YOUR INTELLECTUAL LIFE**. How much/how fast are you learning and growing? Your rating: \_\_\_\_\_\_\_\_

**7. YOUR SKILLS.** Are you growing the skills that make you unique or are you stagnating? Your rating: \_\_\_\_\_\_\_\_

**8. YOUR SPIRITUAL LIFE.** How much time to you devote to spiritual, meditative, or contemplative practices that keep you feeling balanced and peaceful? Your rating: \_\_\_\_\_\_\_\_

**9. YOUR CAREER**. Are you growing or stuck in a rut? If you are still a student, do you have a clear vision yet of the career you would like to pursue? Your rating: \_\_\_\_\_\_\_\_

**10. YOUR CREATIVE LIFE**. Do you engage in any activity that channels your creativity? Your rating: \_\_\_\_\_\_\_\_

**11. YOUR FAMILY LIFE**. How is your relationship with your mate, children, grandchildren, parents, grandparents, and siblings? Your rating: \_\_\_\_\_\_\_\_

**12. YOUR COMMUNITY LIFE**. Are you playing an active, positive role in your community? Your rating: \_\_\_\_\_\_\_