

DO YOU HAVE BALANCE IN YOUR LIFE?

1. How are you juggling your commitments?

2. What direction is your life going in?

3. Is this the direction you want your life to go in?

4. Where would you like your life to be going?

5. Are there certain areas in your life you would like to be different?

6. Are you finding the time you desire to dedicate in your role as a partner, boss, parent or friend?

7. How could you improve in your role as a partner, boss, parent or friend?

8. Do you have time to relax or have fun?

9. How could you create time to relax or have fun?

10. Do you feel as though you have to make sacrifices in your life to meet obligations?

11. Do you have goals you want to achieve but no time to do them?

12. How would your life look/sound/feel like if you were to achieve them?

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