



“

The key to keeping your life balanced, is knowing when you've lost it.”

- Josh Streets



IDENTIFY YOUR ROOT BALANCE FRAMEWORK

Each person is a unity of all dimensions, with differing needs. Lack of balance in any one dimension can impact all other areas of life.

Your final sum of all four categories should equal 100%. Each category will likely be weighted differently for each individual.

GOAL %: _____

- Beliefs
- Emotional health
- World outlook
- Confidence
- Self-image



GOAL %: _____

- Career Growth potential
- Job satisfaction
- Purpose
- Salary & wages
- Job culture



GOAL %: _____

- Family
- Friends
- Hobbies
- Support system
- Community



GOAL %: _____

- Overall health
- Physical activity
- Stretching
- Sleep
- Rest



Identify your non-negotiables. What needs to happen in each area to ensure balance?

MENTAL

OCCUPATIONAL

SOCIAL

PHYSICAL