

Beacon
Balance Self-Assessment

Work:

- 1) How many hours do you spend at work?
- 2) How many hours do you work nights/weekends?

Relationships

- 3) How much time do you spend with family?
- 4) How much time do you spend with friends?
- 5) When was the last time you connected with an important person in your life?
- 6) How much time do you spend alone?

Health

- 7) How many hours a night do you sleep?
- 8) How do you feel when you wake in the morning?
- 9) How much exercise do you get?

Recreation

- 10) What activity do you do just for fun?
- 11) Are you learning anything new?

Finances

- 12) How aware of your finances are you?

Fulfillment

- 13) How much are you able to give of yourself to help others?
- 14) How much time do you spend on work or other activity that you feel has value or meaning?
- 15) Do you engage in a regular religious or spiritual activity or contemplation?

Review your answers to the above questions. Do you like what you see? If you would like to achieve a better mix or balance of activities, call us now for a free consultation. 415.200.4567.