

Life Balance Assessment

A clear look at where your life is working
and where it needs attention

One life. Make it count. No regrets.

A wheel runs most smoothly when it is well balanced.

This assessment helps you rate eight key areas of life,
see the overall shape of your balance, and understand
what your scores are telling you.

Be honest. This is for you — not for anyone else.
Take 15–20 quiet minutes.

HOW TO USE THIS

Instructions

Rate each of the eight areas from 1 to 10 based on how satisfied you feel right now.

1 = deeply unsatisfied or neglected 10 = thriving and aligned with how I want to live

There are no right answers. The goal is an honest snapshot so you can decide where a little more attention would make the biggest difference.

The eight areas

1. Career / Work — fulfilment, growth, use of strengths
2. Finances — stability, values-aligned spending, future security
3. Health & Energy — body, sleep, movement, nourishment
4. Relationships — close connections, love, support
5. Personal Growth — learning, meaning, becoming
6. Fun & Recreation — play, rest, joy, hobbies
7. Physical Environment — home, workspace, surroundings
8. Contribution — giving, impact, community

When you've scored every area, turn to the results pages. They explain what different score patterns mean and how to choose your next focus.

YOUR SCORES

Rate each area (1–10)

1. Career / Work

Am I fulfilled by my work? Using my strengths? Do I feel valued?

My score (circle one):

1	2	3	4	5	6	7	8	9	10
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2. Finances

Am I stable? Do spending and saving reflect my values? Future security?

My score (circle one):

1	2	3	4	5	6	7	8	9	10
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3. Health & Energy

How is my energy, sleep, movement, and nutrition right now?

My score (circle one):

1	2	3	4	5	6	7	8	9	10
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4. Relationships

Do I feel connected and supported by the people who matter most?

My score (circle one):

1	2	3	4	5	6	7	8	9	10
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YOUR SCORES (continued)

5. Personal Growth

Am I learning, growing, and living in line with what matters to me?

My score (circle one):

1	2	3	4	5	6	7	8	9	10
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6. Fun & Recreation

Do I have time for play, rest, hobbies, and things that simply feel good?

My score (circle one):

1	2	3	4	5	6	7	8	9	10
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7. Physical Environment

Am I satisfied with my home, workspace, and everyday surroundings?

My score (circle one):

1	2	3	4	5	6	7	8	9	10
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8. Contribution

Am I giving in ways that feel meaningful? Do I feel part of something larger?

My score (circle one):

1	2	3	4	5	6	7	8	9	10
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UNDERSTANDING YOUR RESULTS

What your scores are telling you

A balanced life is not a perfect 10 in every area. It is intentional attention where it counts for you, in this season.

If most scores are 8–10

You have a strong foundation. Notice which area is still a little lower — often one modest focus area keeps the whole wheel steady. Protect what is already working.

If scores are mixed (some high, some low)

This is the most common pattern. High scores show resources you can draw on. Low scores show where energy is leaking or needs have been postponed. Start with the low score that would lift the rest of your life if it improved even a little.

If several scores are 1–4

You may be in a season of overload, recovery, or transition. Do not try to fix everything at once. Choose one area only. Small, consistent steps in one domain often create momentum that helps the others.

If one area is much lower than the rest

That gap is usually where the greatest return lives. A single neglected area can quietly drain confidence and energy across the board. Addressing it first is often the highest-leverage move.

Your scores are a snapshot, not a verdict. They change with attention. Revisit this assessment in 30–60 days to see what has shifted.

CHOOSE YOUR FOCUS

Turn the assessment into action

Looking at your scores, answer these questions honestly.

Which area feels most out of balance right now?

Which low score would make the biggest positive difference if it improved a little?

What is one small, concrete step I can take this week in that area?

What support or boundary would help me follow through?

My focus area for the next 30 days:

One small step this week (date & time):

Where to go from here

Seeing the shape of your life clearly is already progress. You now know where energy is strong and where it is missing.

Balance is a practice, not a permanent state. Revisit your scores in a month. Notice what shifted.

If you want support turning this assessment into a realistic plan — and staying accountable to it — that is exactly what coaching is for.

Book a free discovery call at onelifeunleashed.com

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