

## Pillars of a Balanced Life Assessment

Below you'll find many aspects of your life are encompassed in ten pillars. Take each dimension (or pillar) and ask yourself, "How fulfilled am I with this dimension?" Above each pillar title assign yourself a score where "0" is "no fulfillment or satisfaction at all (aka "lousy") and 10 is "completely fulfilled." Note a 10 does not mean it cannot be improved or that it will not require continuing attention to maintain this level of satisfaction. It means that, for the moment, you are feeling complete fulfillment in this arena. You can also split a section in half. For example, you could assign "Home/Office (Environment)" a "7" at the office and a "2" at home. As you assign the number, also draw a line to indicate graphically, how much fulfillment you have with each pillar.

10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
0										
	Career	Financial	Physical	Spiritual	Social Support	Intimacy	Family	Learning & Growth	Environment Home/Office	Play/Fun