

Life Balance Goal Setting Exercise

1. Rate each category on Importance ... 1 (low) ...5 (high)
2. Then rate each category on current Satisfaction... 1 (low) ...5 (high)
3. Subtract satisfaction from importance to attain a level of priority (i.e. higher number means it is important in your life, yet your current satisfaction is lower than its importance)
4. Pick two high priority focus areas and create goals for them
5. Create “actions” for each of the prioritized goals
6. Consider reviewing this worksheet every 6-12 months as things change

Category	Importance	-	Satisfaction	=	Priority Level
Relationships/Connection		-		=	
Home Environment		-		=	
Sleep/Restoration		-			
Brain Health/Mental Health/Aging		-			
Stress/Mindfulness		-		=	
Diet/Detox		-		=	
Finances		-		=	
Recreation/Fun/Hobbies		-		=	
Sense of Purpose/Charity/Giving		-		=	
Movement/Exercise		-		=	

Category:
<u>Goal(s):</u>
<u>Actions:</u>
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<u>Actions:</u>

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