

LIFE BALANCE INVENTORY

The Life Balance Inventory can help you take a systemic look at how you spend your time and energy today. This first look can help you focus on first steps in your transition work.

Directions: the eight sections in the wheel below represent areas of your life. Using the center of the wheel as zero and the outer edge as 10, make a line in each section of the 'pie' to reflect your current satisfaction in each area. See the example on the left below. Additionally, some people like to adapt the wheel by using different colors of lines for example; physical environment at work or home, or relationships and friends.

