

A Quick Assessment of Your Life That Will Change Your Life Forever

Achieving balance in today's demanding world is indeed a challenge for **individuals** (www.processspecialist.com/individuals.htm) before you can have balance, you may need to **assess** (www.processspecialist.com/assess.htm) where you currently are. Using the graphic below, consider the center point zero and the outer rim 100%. The percentages can represent your potential, your happiness or your satisfaction within those specific aspects of your life. Then beginning from the center point fill in each area from the inside radiating out. The more you fill in, the greater your happiness or satisfaction.

You may notice that each area is balanced against another such as career and financial or spiritual/ethics and purpose. The placement of these areas is intentional to help you quickly achieve greater balance.

Upon completion, begin to set goals to bring balance to your life wheel. Then in 3 or 6 months using another color, reassess your life and see the progress that you have made. If you need help or are dissatisfied with your results, please drop an email or call Leanne at 219.759.5601.

