

Life Balance Assessment



A life of significance is built from the inside out. The exercise below will assess where your spouse/friend is right now in terms of overall life balance in three important categories:

- Their inside world
- Their surrounding world
- Their outside world

This exercise involves scoring your spouse/ friend for each of these factors on a scale from 1-10 (ten being they are doing really well in that area).

A. Their Inside World

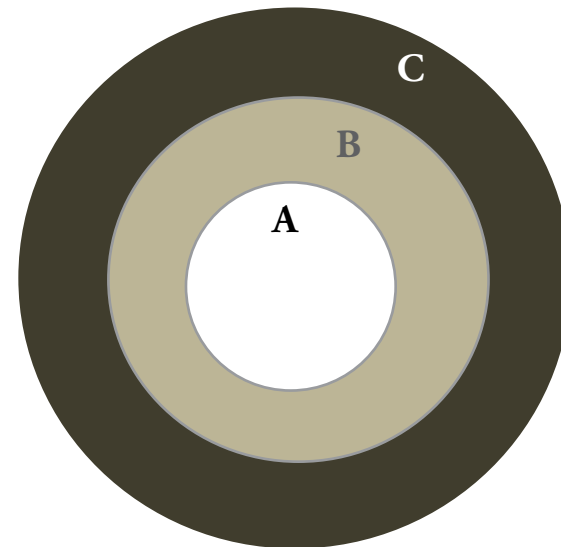
- Mind (learning)
- Body (physical shape)
- Soul (your emotional world)
- Spirit (your relationship with God)

B. Their Surrounding World

- Marriage
- Family
- Career
- Resources

C. Their Outside World

- Community Impact
- Global Impact



The purpose of this exercise is to allow you to identify areas in your spouse/ friends inside world, and surrounding world that need to be improved upon in order to have a solid foundation on which to build a life of eternal significance in your community and globally.

Foundation Assessment

