

# Life Balance Assessment



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

- your inside world
- your surrounding world
- your outside world

This exercise involves scoring yourself for each of these factors on a scale from 1-10 (ten being you are doing really well in that area) and asking your spouse and a close friend to do the same.

## A. Your Inside World

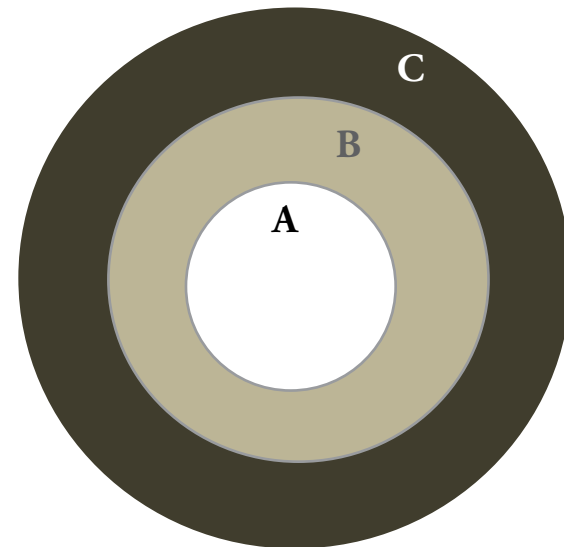
- Mind (learning)
- Body (physical shape)
- Soul (your emotional world)
- Spirit (your relationship with God)

## B. Your Surrounding World

- Marriage
- Family
- Career
- Resources

## C. Your Outside World

- Community Impact
- Global Impact



The purpose of this exercise is to allow you to identify areas in your 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.

\*used with permission from the Masters Program

# Foundation Assessment

