**Pillars of a Balanced Life Assessment**

Many aspects of your life can be encompassed in these ten dimensions, represented here as ‘pillars.’ For each dimension (or pillar) below, ask yourself, "How fulfilled am I with this dimension?" Assign yourself a score for each, where "0" is "no fulfillment or satisfaction at all (aka "lousy") and 10 is "completely fulfilled." Note a “10” does not mean it cannot be improved or that it will not require continuing attention to maintain this level of satisfaction. It means that, for the moment, you are feeling complete fulfillment in this arena. You can also split a section in half. For example, you could assign "Home/Office (Environment)" a "7" at the office and a "2" at home. Mark your results on the diagram below for a visual representation of your current life balance & satisfaction.

**These ten major life dimensions are:**

1. Professional or Academic (0-10) \_\_\_\_\_\_\_\_\_\_

2. Financial (0-10) \_\_\_\_\_\_\_\_\_\_\_

3. Physical (0-10) \_\_\_\_\_\_\_\_\_\_\_

4. Spiritual (0-10) \_\_\_\_\_\_\_\_\_\_\_

5. Social Support (0-10) \_\_\_\_\_\_\_\_\_\_\_

6. Closeness/intimacy w/others (0-10) \_\_\_\_\_\_\_\_\_\_\_

7. Family (0-10) \_\_\_\_\_\_\_\_\_\_\_

8. Learning/Growth (0-10) \_\_\_\_\_\_\_\_\_\_\_

9. Home/Office/School (Environment) (0-10) \_\_\_\_\_\_\_\_\_\_\_

10. Play/Fun (0-10) \_\_\_\_\_\_\_\_\_\_\_