

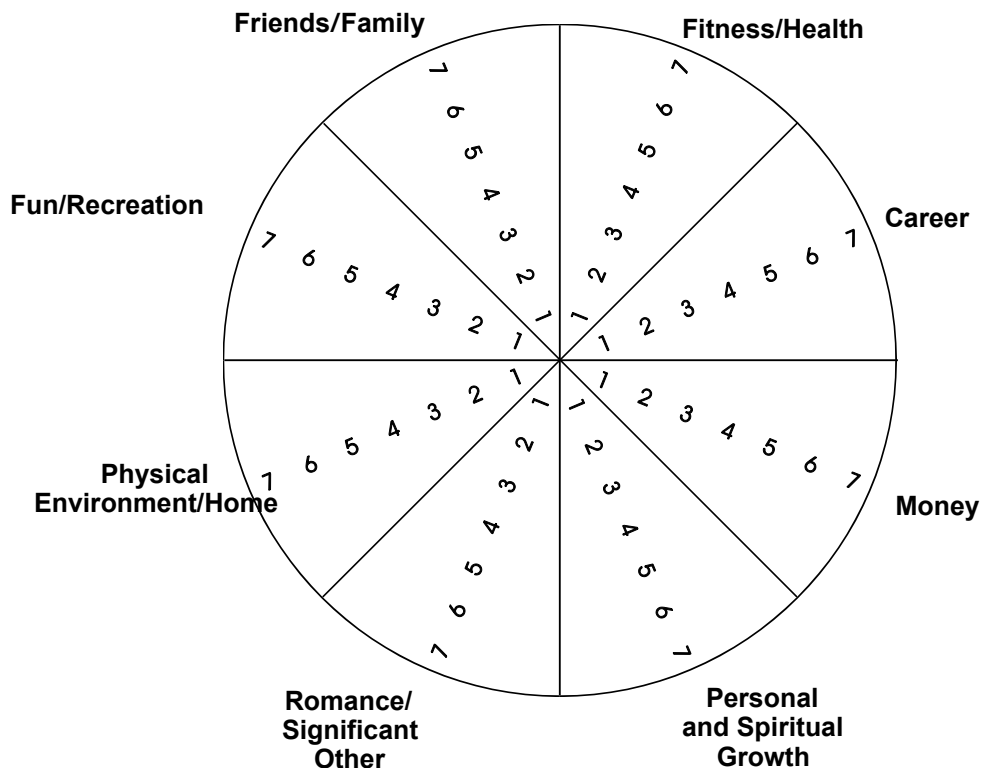
Balanced Living Self-Assessment

Test #1 Blocks to success: Rate the following on a scale of 1-7 in terms of how much you struggle with each of them. "7" = struggle constantly with this block; 1 = never struggle in this area:

- | | | |
|-------------------------|-----------------------------|-----------------------------------|
| _____ Fear of failure | _____ Fear of success | _____ Procrastination |
| _____ Perfectionism | _____ Negative self-image | _____ Time management skills |
| _____ Assertiveness | _____ Organizational skills | _____ Balancing work and home |
| _____ Self-confidence | _____ Communication skills | _____ Stagnation in comfort zones |
| _____ Anger/frustration | _____ Negative habits | _____ Finding fulfillment at work |
| _____ Self-discipline | _____ Goal setting | _____ Giving feedback to others |

If any score is over "4", it is likely an area to discuss with a lifecoach

Test #2 Life balance: Within each of the following areas, circle the number that best represents your level of satisfaction in that area of your life ("7" = Completely satisfied; "1" = Completely dissatisfied):



Now, connect the dots. Imagine how your car would travel if the wheels were in this shape!
If any score is 5 or less, you might want to discuss it with a lifecoach.

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