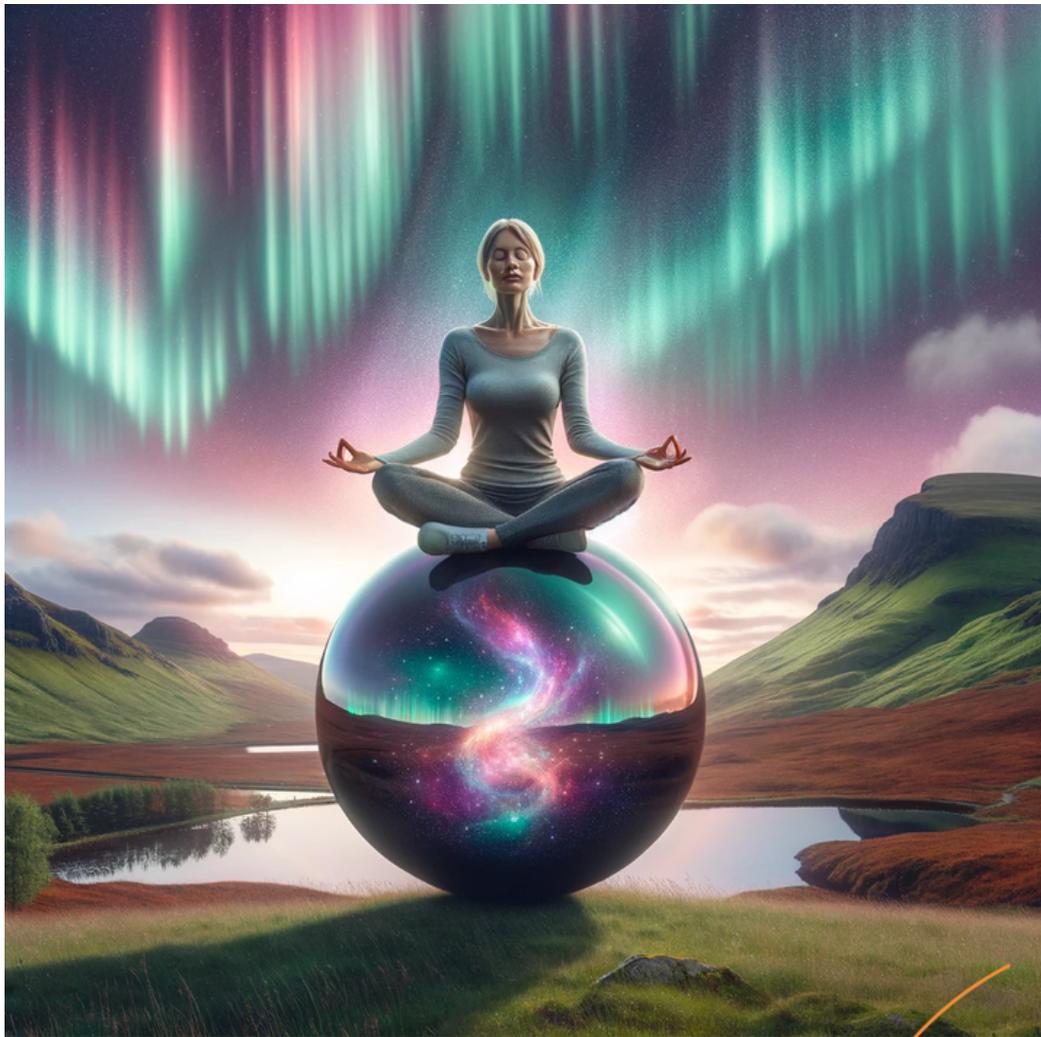


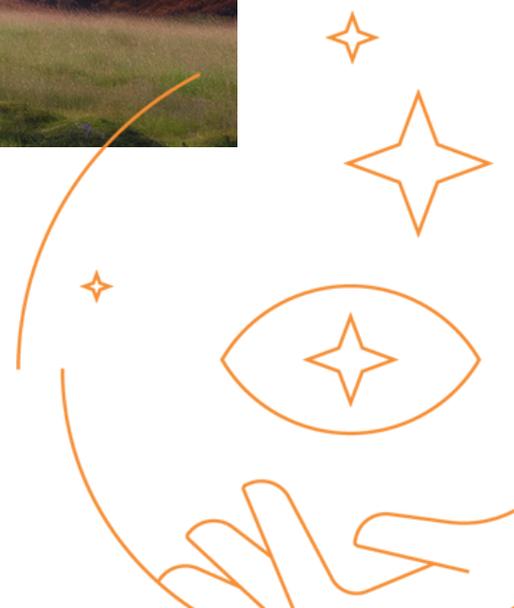


IZMAGIC®

# LIFE BALANCE DISCOVERY BOOK



Answer questions about seven areas of your life to discover what's working well and what needs improvement.







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# LIFE BALANCE DISCOVERY BOOK

## Career, Business & Education

Work through the questions and grade your answers from 1-10, with 1 being low importance and 10 being high importance.

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|--|----------------------|
| 1. How important are career/business achievements to you?                    | 1 2 3 4 5 6 7 8 9 10 |
| 2. How satisfying are your career achievements to date?                      | 1 2 3 4 5 6 7 8 9 10 |
| 3. How fulfilled are you in your current work environment?                   | 1 2 3 4 5 6 7 8 9 10 |
| 4. How much do you look forward to going to work each day?                   | 1 2 3 4 5 6 7 8 9 10 |
| 5. Does your career/business stimulate and develop you as a person?          | 1 2 3 4 5 6 7 8 9 10 |
| 6. Do you have a healthy and rewarding work/life balance?                    | 1 2 3 4 5 6 7 8 9 10 |
| 7. Is your career/business moving you forward in advancement and reward?     | 1 2 3 4 5 6 7 8 9 10 |
| 8. How important are strong working relationships to you?                    | 1 2 3 4 5 6 7 8 9 10 |
| 9. How satisfied are you with your current working relationships?            | 1 2 3 4 5 6 7 8 9 10 |
| 10. Is your working environment positive and supportive?                     | 1 2 3 4 5 6 7 8 9 10 |
| 11. Do you find confinement and fulfillment in your current career/business? | 1 2 3 4 5 6 7 8 9 10 |
| 12. How urgently would you like a career change?                             | 1 2 3 4 5 6 7 8 9 10 |
| 13. Are you happy with the legacy you have built?                            | 1 2 3 4 5 6 7 8 9 10 |

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.”

*Steve Jobs*

Write a personal vision statement about an area/s in your career, business or education that you'd love to make changes in.

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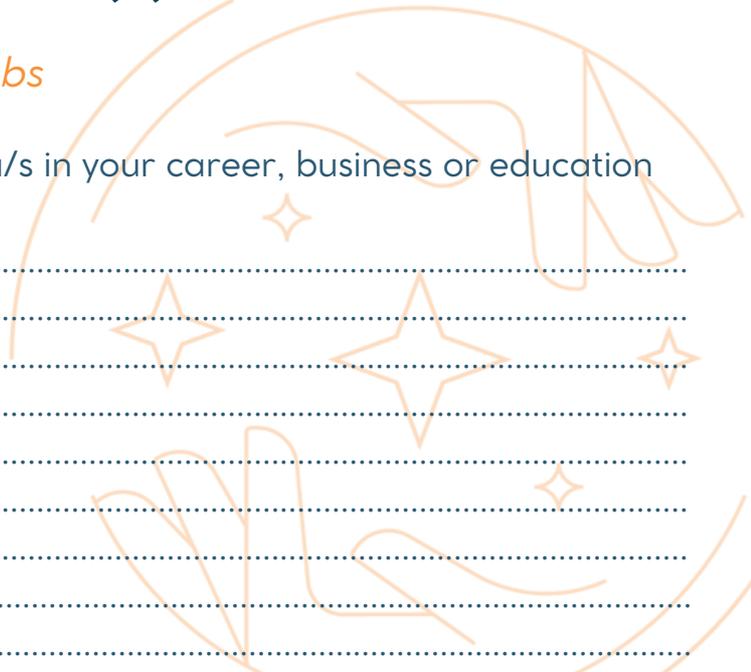
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## Money And Personal Finances

Work through the questions and grade your answers from 1-10, with 1 being low importance and 10 being high importance.

- 1. How important is being financially effective to you? 1 2 3 4 5 6 7 8 9 10
- 2. How satisfied are you with your current financial effectiveness? 1 2 3 4 5 6 7 8 9 10
- 3. You have enough money to meet your current wants. 1 2 3 4 5 6 7 8 9 10
- 4. You have enough money to meet your current needs. 1 2 3 4 5 6 7 8 9 10
- 5. You know what your exact outgoings are each month. 1 2 3 4 5 6 7 8 9 10
- 6. You always know what's in your bank account/s. 1 2 3 4 5 6 7 8 9 10
- 7. How important is being generous to others to you? 1 2 3 4 5 6 7 8 9 10
- 8. How generous are you currently being towards others? 1 2 3 4 5 6 7 8 9 10
- 9. How satisfied are you with how much you give to others? 1 2 3 4 5 6 7 8 9 10
- 10. How important is charitable contribution to you? 1 2 3 4 5 6 7 8 9 10
- 11. How satisfied are you with how charitable you currently are? 1 2 3 4 5 6 7 8 9 10
- 12. How willing are you to step out of your comfort zone and take new risks to generate more income? 1 2 3 4 5 6 7 8 9 10
- 13. How much do you worry about your current financial situation? 1 2 3 4 5 6 7 8 9 10

“ We make a living by what we get, but we make a life by what we give. ”

*Winston Churchill*

Write a personal vision statement about an area/s in your finances that you'd like to make changes in.

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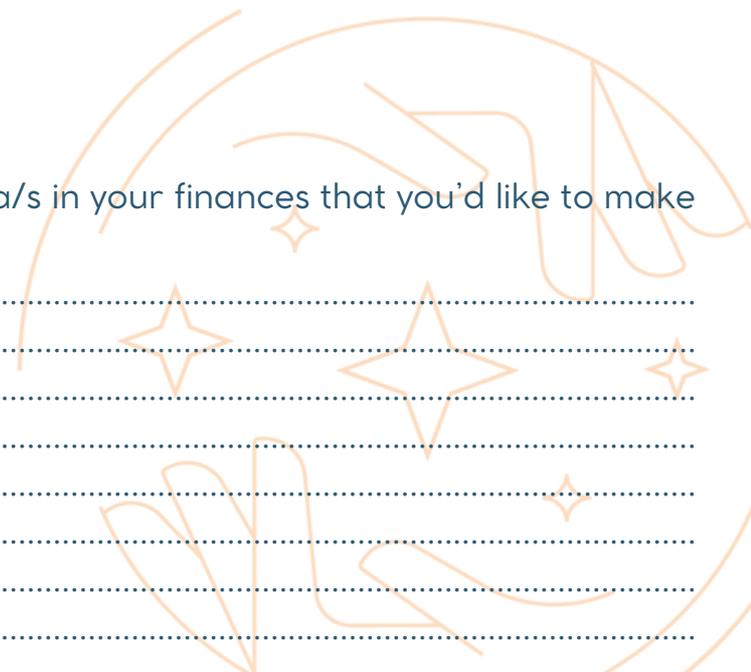
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# LIFE BALANCE DISCOVERY BOOK

## General Questions .

1. Summarise what your ideal life would be?

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2. What are the main challenges that you are facing in bringing your life back into balance

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3. What areas of your life are working really well for you?

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4. What immediate changes do you need to make your life feel more balanced?

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5. What words might other people use to describe how well balanced your life is?

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“ Life is a balance between rest and movement. ”

*Deepak Chopra*



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# LIFE BALANCE DISCOVERY BOOK

## Vision Statements.

### 1. Social and Family relationship

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### 2. Career and Education

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### 3. Money and Finances

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### 4. Contribution and giving Back

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### 5. Health and Leisure

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### 6. Lifes Routines and Responsibilities

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### 7. Mental, Emotional and Spiritual Life

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Congrats! You have filled all of Your Discovery Book! And you have a very good overview of your life.

Now you know what works great and which areas need some improvements. Where will you start?

I'm here to help you so that Your life IZMAGIC!