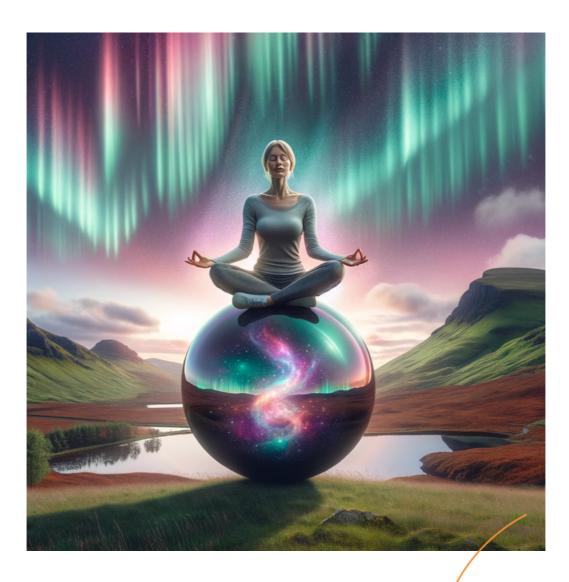


LIFE BALANCE DISCOVERY BOOK



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



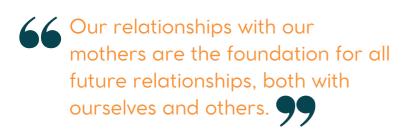




Social And Family Relationships

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

1. How important are your family relationships?	12345678910
2. How satisfied are you with your family relationships?	12345678910
3.1'm close to my parents and our relationships are healthy.	12345678910
4.1'm close to my children and our relationships are healthy.	12345678910
5. The people who matter the most in my life accept me.	12345678910
6. How important are strong social relationships to you?	12345678910
7. How satisfied are you with your social relationships?	12345678910
8. I have close friendships with people I can be myself around.	12345678910
9. I am part of social groups.	12345678910
10. I'm generally good at connecting with people.	12345678910
11. I get along with my neighbours and people in my area.	12345678910
12. How satisfied are you with your romantic relationships?	12345678910
13. How happy are you with the overall quality of your relationships?	12345678910



Sigmund Freud

Write a vision statement about relationships. Who improve?	at areas exactly you	u would like to
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Career, Business & Education

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

	1. How important are career/business achievements to you?	12345678910
	2. How satisfying are your career achievements to date?	12345678910
	3. How fulfilled are you in your current work environment?	12345678910
	4. How much do you look forward to going to work each day?	12345678910
	5. Does your career/business stimulate and develop you as a person?	12345678910
	6. Do you have a healthy and rewarding work/life balance?	12345678910
	7. Is your career/business moving you forward in advancement	
a	nd reward?	12345678910
8	. How important are strong working relationships to you?	12345678910
	9. How satisfied are you with your current working relationships?	12345678910
	10. Is your working environment positive and supportive?	12345678910
	11. Do you find confinement and fulfillment in your current	
	career/business?	12345678910
	12. How urgently would you like a career change?	12345678910
	13. Are you happy with the legacy you have built?	12345678910



L 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. 99

Steve Jobs

Write a personal vision statement about an are	ea/s in your car	eer, business	or education
that you'd love to make changes in.			
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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?	12345678910
2. How satisfied are you with your current financial effectiveness?	12345678910
3. You have enough money to meet your current wants.	12345678910
4. You have enough money to meet your current needs.	12345678910
5. You know what your exact outgoings are each month.	12345678910
6. You always know what's in your bank account/s.	12345678910
7. How important is being generous to others to you?	12345678910
8. How generous are you currently being towards others?	12345678910
9. How satisfied are you with how much you give to others?	12345678910
10. How important is charitable contribution to you?	12345678910
11. How satisfied are you with how charitable you currently are?	12345678910
12. How willing are you to step out of your comfort zone and take	
new risks to generate more income?	12345678910
13. How much do you worry about your current financial situation?	12345678910



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

Winston Churchill

Write a personal v changes in.	vision statement about an ar	ea/s in your	finances	that you	'd like to mak	e
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Health, Recreation And Leisure.

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 establishing healthy work/life balance to you?	12345678910
2. How satisfied are you with your current work/study/life balance?	12345678910
3. How important is your physical health to you?	12345678910
4. How happy are you with your current physical health?	12345678910
5. How happy are you with your physical fitness level?	12345678910
6. How important is having plenty of free time to you?	12345678910
7. How content are you with the amount of free time you have?	12345678910
8. How important is your physical appearance to you?	12345678910
9. How satisfied are you with your current physical appearance?	12345678910
10. I can handle my stress and anxiety levels effectively.	12345678910
11. How much do you currently enjoy life outside of work/study?	12345678910
12. Are you able to do things that you enjoy frequently?	12345678910
13. I have room for improvement in my life outside work/study.	12345678910



We need to do a better job of putting ourselves higher on our own 'to do' list.

Michelle Obama

Write a personal vision statement about an ar you'd love to make changes in.	rea/s in how you spend	your free time that
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Life's Routine Responsibilities.

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 managing routine tasks around the home for you	u 1 2 3 4 5 6 7 8 9 10
2. How satisfied are you with how you currently handle routine tasks?	2 1 2 3 4 5 6 7 8 9 10
3. Are you disciplined in paying your routine household bills?	12345678910
4. Could you be more disciplined in managing your bills and other	
responsibilities?	12345678910
5. How important is prioritizing your responsibilities?	12345678910
6. How satisfied are you with how you prioritize your responsibilities?	12345678910
7. How important is a well-managed home environment to you?	12345678910
8. How satisfied are you with your current home environment?	12345678910
9. How important is dealing with home issues promptly to you?	12345678910
10. Would your home life be easier if you had a better system in place	e
for managing your routine responsibilities?	12345678910
11. How much do you worry about your routine responsibilities?	12345678910
12. How much easier would your life be if you were more disciplined	
in managing your routine responsibilities around the home?	12345678910



Set your house in perfect order before you criticize the world. 99

Jordan Peterson

Write a personal vision statement about how you managing your routine responsibilities.	could become more e	fficient in
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Contribution And Giving Back To Society .

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 contributing back to society and making	
a difference to you?	12345678910
2. How satisfied are you with how much you give back to society?	12345678910
3. You regularly make a positive impact in the lives of other people?	12345678910
4. How satisfied are you with the amount of difference you	
make in the lives of others?	12345678910
5. How important is leaving behind a meaningful legacy to you?	12345678910
6. How happy are you with the current legacy?	12345678910
7. How much do you encourage and support those closest to you?	12345678910
8. My time is mainly consumed focussing on myself and my needs.	12345678910
9. You get involved with and support a social initiative you believe in ?	12345678910
10. Those closest to you find immense value in you.	12345678910
11. Your peers or co-workers find immense value in you.	12345678910
12. Someday your children will be really proud of the way	
you lived your life.	12345678910
13.I could make more effort in contributing back to society	12345678910
/ What counts in life is not the mere fact that we	



What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

Nelson Mandela

Write a personal vision statement about how you	u could begin making o	a greater impact in
your culture or society.	/ · · · · · · · · · · · · · · · · · · ·	, UV
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Mental, Emotional And Spiritual Health.

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 mentally strong and healthy to you?	12345678910
2. How mentally healthy and strong do you currently feel?	12345678910
3. How important is being emotionally healthy and strong to you?	12345678910
4. How emotionally healthy and strong do you currently feel?	12345678910
5. Are you confident and secure in who you are as a person?	12345678910
6. How fulfilled are you with how you're currently living your life?	12345678910
7. How content are you with how you're currently living your life?	12345678910
8. How important is being spiritually healthy and strong to you?	12345678910
9. How emotionally healthy and strong do you currently feel?	12345678910
10. I regularly invest time in developing myself spiritually.	12345678910
11. I am consistently competent at managing my emotions.	
I have a good self-control.	12345678910
12. My emotions will often manage me. I have poor self-control.	12345678910
13. Negative and destructive emotions will often take over.	12345678910



When you connect deeply with the present moment, you align yourself with the flow of life, and that's where the magic happens 99

Master Sri Akarshana

Write a personal vision statement about how you emotionally and spiritually.	/ / >	
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IZMAGIC°LIFE BALANCE DISCOVERY BOOK

General Questions.

. Summarise what your ideal life would be?	9	4. What immediate changes do you need to make your life feel more balanced?
2. What are the main challenge that you are facing in bringing your life back into balance	es	5. What words might other people use to describe how well balanced your life is?
3. What areas of your life are working really well for you?		is a balance between rest and rement. Deepak Chopra



Vision Statements.

1. Social and Family relationship	5. Health and Leisure
2. Career and Eduacation	6. Lifes Routines and Responsibilities
3. Money and Finances	7. Mental, Emotional and Spiritual Life
	Congrats! You have filled all of Your
4. Contribution and giving Back	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!