

## 7F Words™ For Living a Balanced Life Balance Chart

|    | WORK * | FOCUS | FAITH | FREEDOM | FAMILY | FINANCES | FITNESS | FUN |
|----|--------|-------|-------|---------|--------|----------|---------|-----|
|    |        |       |       |         |        |          |         |     |
| 10 |        |       |       |         |        |          |         |     |
| 9  |        |       |       |         |        |          |         |     |
| 8  |        |       |       |         |        |          |         |     |
| 7  |        |       |       |         |        |          |         |     |
| 6  |        |       |       |         |        |          |         |     |
| 5  |        |       |       |         |        |          |         |     |
| 4  |        |       |       |         |        |          |         |     |
| 3  |        |       |       |         |        |          |         |     |
| 2  |        |       |       |         |        |          |         |     |
| 1  |        |       |       |         |        |          |         |     |
| 0  |        |       |       |         |        |          |         |     |

How balanced are these elements in your life?

Place a dot in the column that relates to the number you would assign to the intensity: the amount of time, energy and attention you pay to each of the elements.

For example a dot in the number “9” row under the “Work” column would indicate that you are spending a great deal of your waking hours working. A dot in the number “1” box under “Fun” would indicate that you are not having much fun at this point in your life.

Draw a line connecting the eight dots.

Are there any elements for which you are spending too much time and energy?

Are there any elements you need to pay more attention to?

List action steps you might take to attain more balance.

\* Work is not necessarily work for pay. It could be any activity that you think of as work.