

LIFE INVENTORY

There are four areas to this life inventory: healthy work, family, play & self. Please put the number that best fits you in the blank beside each statement. At the end of each area, compute your total score by adding the eight numbers & putting the sum in the blank at the end of the area.

1 = Never True 2 = Sometimes True 3 = Often True 4 = Always True

Area 1: Healthy Work

	I have many interests outside my work duties.
	I spend as much time after hours with family and friends as I do with co-workers.
	I enjoy my work today as much as ever and I am productive and effective at when I do.
	I work overtime only on special occasions.
	I am able to leave my work at the workplace.
	I am good at organizing and pacing my work time so that it does not interfere with other commitments.
	I work moderately, pace myself, & confine my job to regular working hours.
	I spend an equal amount of time relaxing & socializing with friends as I do working.
	Total Work Score

Area 1: Family

	I communicate well with the members of my family.
	I take an active interest in the lives of my other family members.
	My family spends quality time together.
	My family plays together and takes family outings regularly.
	I participate actively in family celebrations and traditions.
	I have good interpersonal relationships with other family members.
	I enjoy spending time with my family.
	My family & work life are in harmony with each other.
	Total Work Score

Area 1: Play

	I socialize with friends who are not co-workers.
	I enjoy social gatherings.
	I like to unwind with friends.
	I go out socially with friends.
	My social life and work life are in harmony with each other.
	I enjoy inviting friends to my house for dinner.
	I like to play and have fun with others.
	It feels good to laugh, have a fun time and get my mind off work.
	Total Work Score

Area 1: Self

	I plan time each day just for me to do whatever I want to do.
	For fun I have a hobby or recreation that I enjoy.
	I take time out each week for my spiritual development, church or synagogue, inspirational readings, medication or a program.
	I eat nutritional, well-balanced meals.
	I make sure I get adequate rest.
	I do physical exercise 3 times per week.
	I send myself positive mental messages and try to look for the best in myself.
	I make sure I get my personal needs met
	Total Work Score

Scoring:

1. Using the Wheel of Life that follows put an X on the number in arch area that corresponds with your total score.
2. Draw a line from that number to the center of the wheel.
3. Darken the entire area of the circle from your total score back to the number 8. For example, if your total Self-core is 16, put an X over the number 16 in the Self-area of the wheel. Draw a line from 16 to the center; darken that area from the center outward & between 8 & 16.
4. Repeat these steps for all four areas of the wheel. The part of the wheel that has the biggest shaded area is which you are most balanced. The part that is less complete is the area of your life that needs attention



5.

WHEEL OF LIFE

