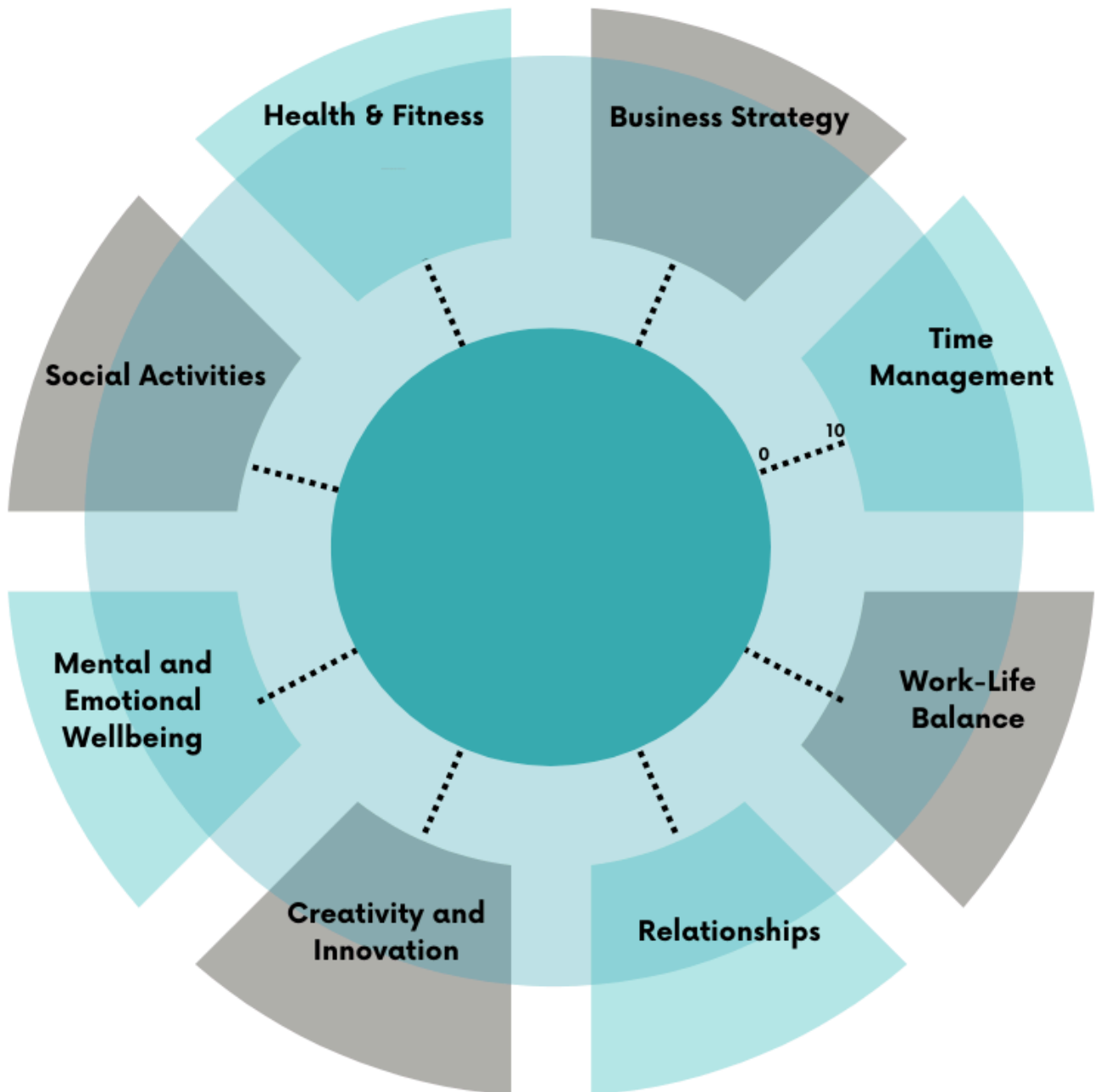


Balance Wheel Of Life

Assess Your Life

Reflect on your current situation and mark your level of contentment in each area. Rate each category on a scale of 1 - 10 where 1 signifies low satisfaction and 10 signifies high satisfaction



Balance Wheel Of Life

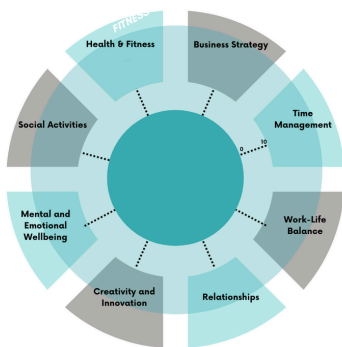
Discover your business-life alignment

The key when completing this assessment is to be honest with yourself. Your answers will help identify areas that need more attention and balance.

Instructions: Rate each category on a scale of 1 to 10, with 1 being unsatisfied and 10 being extremely satisfied. Reflect on your current situation and mark your level of contentment in each area.

Assessment Categories

1. Business Strategy: Assess the effectiveness of your business goals, plans, and strategies.
2. Time Management: Evaluate how well you manage your time and prioritize tasks.
3. Work-Life Balance: Measure the balance between your work commitments and personal life.
4. Relationships: Gauge the quality of your professional and personal relationships.
5. Creativity & Innovation: Rate your ability to bring fresh ideas and innovation into your business.
6. Mental & Emotional Well-being: Reflect on your emotional state and coping mechanisms.
7. Social Life: Assess the time and effort you invest in nurturing your social connections.
8. Health & Fitness: Evaluate your physical health and wellness practices.



Intepreting Results

Overall Satisfaction: Average of all scores, indicating there is a general level of contentment. Strong Areas: Categories with scores closer to 10 are your strengths. Falling Short: Categories with scores closer to 1 are areas that need attention.

To find out more about how K&R VBO can help you have a more balanced Wheel of Life contact us by emailing roxane@kandrvirtualbackoffice.com



<https://www.kandrvirtualbackoffice.com>