

# Self-Dimension Grid

	10	20	30	40	50	60	70	80	90	100
1. I have several close friends	•	•	•	•	•	•	•	•	•	•
2. I meditate / pray daily	•	•	•	•	•	•	•	•	•	•
3. I exercise vigorously each day	•	•	•	•	•	•	•	•	•	•
4. I enjoy time spent with family	•	•	•	•	•	•	•	•	•	•
5. I have set financial goals	•	•	•	•	•	•	•	•	•	•
6. I am satisfied with my career	•	•	•	•	•	•	•	•	•	•
7. I am involved in community affairs	•	•	•	•	•	•	•	•	•	•
8. I enjoy reading books	•	•	•	•	•	•	•	•	•	•
9. I make friends easily	•	•	•	•	•	•	•	•	•	•
10. I have established spiritual goals	•	•	•	•	•	•	•	•	•	•
11. I eat nutritious foods	•	•	•	•	•	•	•	•	•	•
12. I write / call members of the family	•	•	•	•	•	•	•	•	•	•
13. I am earning the income I want	•	•	•	•	•	•	•	•	•	•
14. I am involved in creative work	•	•	•	•	•	•	•	•	•	•
15. I belong to community associations	•	•	•	•	•	•	•	•	•	•
16. I attend seminars, take courses	•	•	•	•	•	•	•	•	•	•
17. I enjoy socializing	•	•	•	•	•	•	•	•	•	•
18. I attend church / synagogue / etc	•	•	•	•	•	•	•	•	•	•
19. I am involved regularly in sports	•	•	•	•	•	•	•	•	•	•
20. I enjoy family reunions / gatherings	•	•	•	•	•	•	•	•	•	•
21. I have a saving / investment plan	•	•	•	•	•	•	•	•	•	•
22. I have reached professional goals	•	•	•	•	•	•	•	•	•	•
23. I volunteer for community projects	•	•	•	•	•	•	•	•	•	•
24. I listen to audio learning programs	•	•	•	•	•	•	•	•	•	•

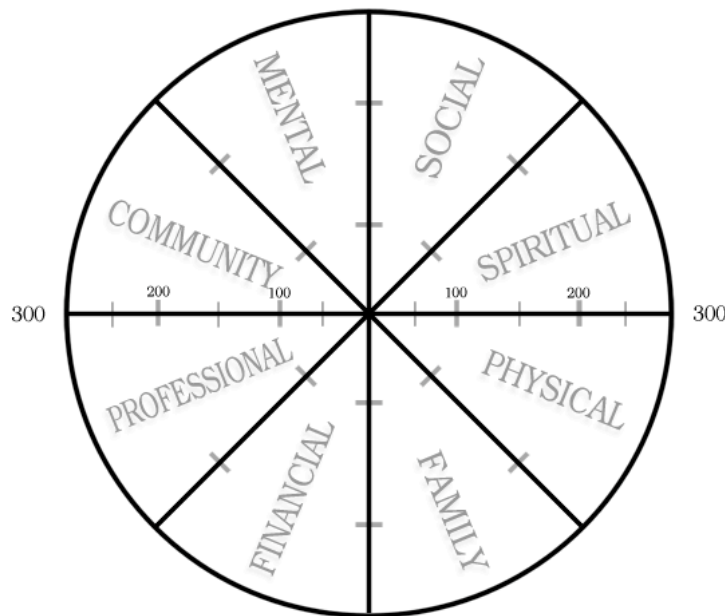
The purpose of the Self-Dimension Grid is to rate yourself in the major areas of your life. Numbers 1, 9 and 17, for example, relate to your social life. Numbers 3, 11 and 19 cover the physical areas of your life. Circle the dot that describes how true each statement is of you – 10%, 20%, 30%, 40%, 50%, 60%, 70%, 80%, 90%, or 100%. Then go on to the next page and transfer your percentage scores for each of the 24 items from the Grid to the corresponding numbers on the Balanced Living Chart. This will group each of your scores into eight major areas of your life.

# Balanced Living Chart

Social		Spiritual		Physical		Family	
1. _____	2. _____	3. _____	4. _____	9. _____	10. _____	11. _____	12. _____
17. _____	18. _____	19. _____	20. _____	Total _____	Total _____	Total _____	Total _____
Financial		Professional		Community		Mental	
5. _____	6. _____	7. _____	8. _____	13. _____	14. _____	15. _____	16. _____
21. _____	22. _____	23. _____	24. _____	Total _____	Total _____	Total _____	Total _____

After transferring your percentage scores from the Self-Dimension Grid to the spaces indicated above, add the totals under each heading for the eight areas of your life and turn to the Wheel of Life.

## Wheel of Life



Transfer the total points for each of the eight categories from the Balanced Living Chart to the Wheel of Life above by plotting your percentages. With a pencil, mark at the appropriate place along the spoke of the wheel directly below the title of each category. When you've plotted all eight points, connect them together into a single continuous shape all the way around the wheel. This will give you a revealing perspective on the pattern and design of your own inner Wheel of Life.

# Life Balance Sheet

Tolstoy

"Everyone thinks of changing humanity, but no one ever thinks about changing themselves." - Leo

Social	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Goal	Total				
1.																																				
2.																																				
3.																																				
4.																																				
5.																																				

Physical	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Goal	Total				
1.																																				
2.																																				
3.																																				
4.																																				
5.																																				

Mental	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Goal	Total				
1.																																				
2.																																				
3.																																				
4.																																				
5.																																				





Financial																																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Goal	Total			
1.																																			
2.																																			
3.																																			
4.																																			
5.																																			

Spiritual																																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Goal	Total				
1.																																				
2.																																				
3.																																				
4.																																				
5.																																				

Community																																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Goal	Total					
1.																																					
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