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| **Pillars of A Balanced Life**  In this exercise, please rate your Pillars on a zero to 10 scale. 10 being “couldn’t be better”; zero “couldn’t be worse.” Feel free to fill in details on what makes each pillar earn its score. You may also rank each pillar in order of its present importance for your attention. Please keep in mind that scoring a 10 on each pillar isn’t necessarily the goal. Rather, the goal is understanding your present score and where you might like to be now and in the future.  Note: I leave this document in an editable form. Feel free to add / delete any detail below to suit you. |

0-10 Rank

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|  |  | Professional (career, organizational support, growth, engagement, etc) |
|  |  | Financial (income and expenses and relative stress or comfort with your position) |
|  |  | Physical (sleep, diet, exercise, medical care, self care) |
|  |  | Spiritual (not necessarily religious – activities/behaviors that fill your spirit) |
|  |  | Social Support (family friend and community support) |
|  |  | Intimacy (emotional and physical connection with your partner) |
|  |  | Inner Life (how you talk to yourself and mentally process events) |
|  |  | Learning and Growth (learning new skills and/or personal growth) |
|  |  | Environment (the space(s) where you spend your time) |
|  |  | Play and Fun (entertainment and activities that you enjoy) |
|  |  | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (additional area(s) you would consider an important pillar) |

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