



# KYLE WILLIAMS LCSW ACSW

Coaching to clarify and achieve your goals.

**Pillars of A Balanced Life** © B.Dean 2004 - 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. 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.

Professional

Financial

Physical

Spiritual

Social Support

Intimacy

Inner Life

Learning and Growth

Environment

Play and Fun