

CHECKLIST FOR A BALANCED LIFE

YES SOMETIMES NO

1. I have a spiritual center.....

2. I practice a health maintenance plan.....
 - Eat right
 - Exercise
 - Rest
 - Regular visits to Personal Doctors
 - Manage my Stress
 - Stable, healthy emotional relationships

3. My personal finances are in check.....
 - Monthly budget
 - Good credit rating
 - Savings plan
 - Retirement Plan
 - Investment/Wealth Building Plan

4. My life is in balance.....
 - Time Management/Goal Setting/Planning & Prioritizing
 - Realistic work week { 50- 60 hrs)
 - Quality & Quantity time for self, family & friends
 - Household/child care help
 - Regular vacations . -
 - Hobby & others interests
 - Community Service
 - Service to Alma Mater/Monetary Gifts

5. I have a human resource network in place.....
 - Professional board of directors (accountant, lawyer, financial planner, clergy, etc.)
 - Mentors
 - Support system of family & friends

- 6.1 have a contingency plan(s) in place.....
 - Skills are up-to-date
 - Parallel career potential

**STRIVE TO KEEP CHECKS UNDER THE 'YES' COLUMN AT ALL TIMES.
THE QUALITY OF YOUR LIFE DEPENDS ON IT!**