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. I 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!