

# Life Balance & Goal Setting

Date: \_\_\_/\_\_\_/\_\_\_

Accountability Partner: \_\_\_\_\_

**What** is the area of opportunity I must change: \_\_\_\_\_

Specific goal: \_\_\_\_\_

\_\_\_\_\_

**Why** this goal is a must for me: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Who** is directly involved: 1: \_\_\_\_\_ 2: \_\_\_\_\_

3: \_\_\_\_\_ 4: \_\_\_\_\_

Indirectly involved: 1: \_\_\_\_\_ 2: \_\_\_\_\_

3: \_\_\_\_\_ 4: \_\_\_\_\_

**When** I must accomplish the phases by:

1: \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_

2: \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_

3: \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_

4: \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_

**How** I must accomplish this goal:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

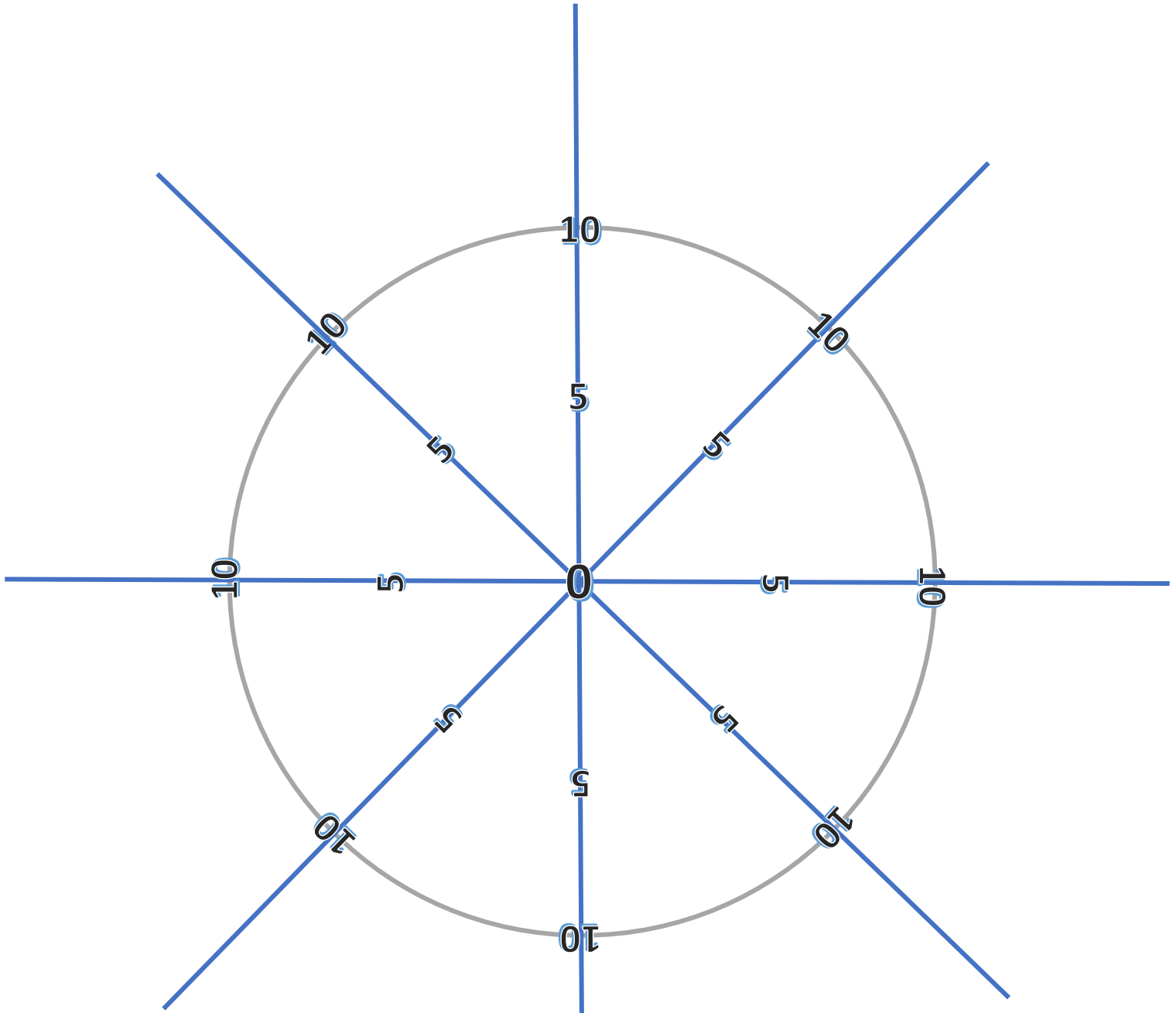
\_\_\_\_\_

\_\_\_\_\_

Signed by: \_\_\_\_\_ - Accountability partner

Signed by: \_\_\_\_\_ - Salesperson

# Life Balance & Goal Setting



**Areas to measure and create balance:**

- 1) Faith / Spirituality
- 2) Health / Fitness
- 3) Family
- 4) Relationships
- 5) Finances
- 6) Career / Work
- 7) Bucket list
- 8) Fun / Hobbies

**Instructions:**

Write an area of focus on the line on the outside of the circle.  
 You may use the 8 areas listed or add your own area.  
 Score the area on a scale of 1-10 (1 being the weakest)  
 Place a dot to indicate the score and then connect the dots.