

Life Balance Activity List

Name _____ Date ____/____/____

Make a list of your current regular activities and obligations (work, sports, exercise, school, classroom/PTO, kid’s activities, volunteer work, home projects, other projects, social gatherings, hosting/attending events or parties, networking meetings, caring for others, etc.). Go through your calendar for the last 2 months so you don’t forget anything.

Next to each activity, rate the level of importance, fulfillment and alignment (with your goals and life priorities) on a scale of 1 – 10. (Use another sheet of paper if you need more space).

Activity/Frequency **Importance** **Fulfillment** **Alignment**

Use this page to list anything else or to jot down notes or ideas.