

Personal Insights about Life Balance

Name: _____ Date: _____

Directions:

Gain insight into your current priorities, interests, needs, concerns, and frustrations by completing the following sentences.

This information will be important to you as you assess your life balance and plan for your future.

Complete the sentences quickly, filling in the blank with the first word or words that come to mind.

- ❖ If I had more time, I would
- ❖ I am the happiest when
- ❖ The responsibility I would most like to give up is
- ❖ If I had more money, I would
- ❖ I feel most frustrated when
- ❖ What I value the very most in life is
- ❖ I have always wanted to