
PILLARS OF A BALANCED LIFE ASSESSMENT

Many aspects of your life can be encompassed by ten pillars. Take each dimension (or pillar) and ask yourself, "How fulfilled am I with this dimension?" In the margin outside each pillar, assign yourself a score where "0" is "no fulfillment or satisfaction at all (aka "lousy") and 10 is "completely fulfilled." Note that a 10 does not mean it cannot be improved or that it will not require continuing attention to maintain this level of satisfaction. It means that, for the moment, you are feeling complete fulfillment in this arena. You can also split a section in half. For example, you could assign "Home/Office (Environment)" a "7" at the office and a "2" at home. As you assign the number, also draw a line to indicate graphically, how much fulfillment you have with each pillar.

We will be using this chart/graph to establish a base-line at the beginning of our coaching work. I find it a useful tool and think it will be helpful for you too.

The ten pillars are:

1. Professional (0-10)_____
2. Financial (0-10)_____
3. Physical (0-10)_____
4. Spiritual (0-10)_____
5. Social Support (0-10)_____
6. Intimacy (0-10)_____
7. Family (0-10)_____
8. Learning/Growth (0-10)_____
9. Home/Office (Environment) (0-10)_____
10. Play/Fun (0-10)_____