

# 5 Essential Qualities

for a Successful Life

A young woman with long dark hair, wearing a brown wide-brimmed hat and a red and black plaid shirt, is smiling broadly with her eyes closed. She is standing in a field at sunset, with a warm orange glow in the background. A rainbow is visible in the distance to the right. The bottom of the image features a solid red horizontal band.

Life Balance and Wellbeing Assessment

**Respond to the following and rate your wellbeing on a scale from 1 (poor) - 5 (excellent):**

How do you balance your physical needs - sleep, food, movement, etc?

**Rate your physical wellbeing: \_\_\_\_\_**

How do you balance your psychological needs - boundaries, communication, relationships?

**Rate your psychological wellbeing: \_\_\_\_\_**

How do you balance your social needs - friends, groups, hobbies, recreation?

**Rate your social wellbeing:** \_\_\_\_\_

How do you balance your spiritual needs - quiet time, connectedness, meditation/prayer?

**Rate your spiritual wellbeing:** \_\_\_\_\_

How do you balance your work needs - leave it there, set limits on time, etc.?

**Rate your work wellbeing:** \_\_\_\_\_

How do you balance your leisure needs - family, friends, me-time?

**Rate your leisure wellbeing:** \_\_\_\_\_

How do you balance your relationships - self, kids, spouse/partner/gf/bf?

**Rate your relationship wellbeing: \_\_\_\_\_**