**PILLARS of a BALANCED LIFE**

Rate the degree to which you are satisfied with different aspects of your life using a 1-10 scale

**1 = Strongly Not Satisfied, 10 = Strongly Satisfied**

**Specific areas**: Health, Habits, Home, Looks, Finances, Work, Work-Environment,

Friends, Relationship with Immediate family, relationship with extended family, Quality of intimacy, Hobbies, Personal Growth, Spirituality, Sources of support.