A Balanced life

To live a life that is happy, healthy and with limited stress, you need to balance it well.

- Step 1- Define the key areas that are really important to you.
- Step 2 Ask yourself why these areas are important.
- Step 3- Evaluate how satisfied you are with those areas and if you are getting the results you want on a scale from 1-10 (1 being not satisfied at all to 10 being the most satisfied you can be).
- Step 4 Pick ONE area and set a SMART goal (SMART Goal resource available).
- Step 5- Execute the goal.

Key Area	Why is this an important area for me?	Satisfaction rating 1-10
Friendships	Good friendships provide support for me when I am going through tough times and hold me accountable.	6