

# Life-Balance Audit

Personal

Family

Career

Community

Non-Family Relationships

Spiritual Sustenance

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- What did you learn about your life balance?
  - Which areas need tending to and where would you like to spend more time?
  - What is consuming too much of your time and energy?
  - What specific and measurable goals would you like to set that will balance your life?
  - Are there compromises or adjustments you have to make? Who can support you in making these changes?.