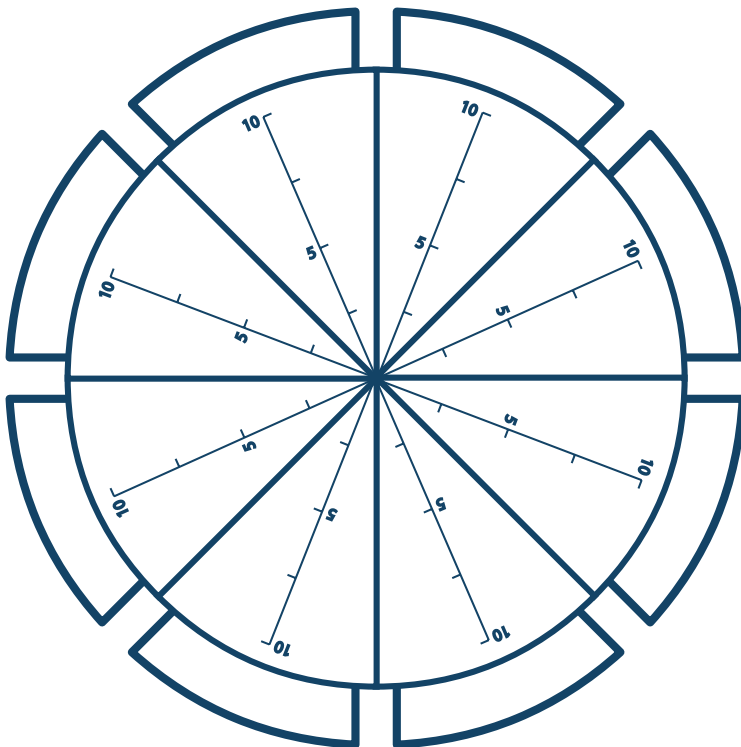



SMART Tool

MY LIFESTYLE BALANCE PIE



Label each slice of the pie with an area of your life that is important to you (e.g. family, friends, health, work, recreation, education, money, etc).

Rate your level of satisfaction for each by placing a dot on the scale within each pie slice. Connect the dots to create the outside perimeter of your pie.

To move towards a more balanced life, allow yourself more time for the areas that show gaps – those places where pieces of your pie are missing.

Rank each area of your life that is most important to you. Then score out of 10 how satisfied you currently are with each category.	Score
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
What changes and plans can you make to improve the areas of your life that matter most to you?	