

## Thriving Balance Scale

Doug J. Moore, Ph.D., - Psychologist, Life Coach, & Spiritual Teacher [www.DougJMoore.com](http://www.DougJMoore.com) | [www.ThriveandAwaken.com](http://www.ThriveandAwaken.com)

Name \_\_\_\_\_ Date \_\_\_\_\_

### Directions

Read each aspect of life and its corresponding description, then circle the number to the right that best represents how satisfied you feel in each aspect of life. Base your rating on the average for the last three months.

The ratings are designed to help you become mindful of those areas you feel are not as balanced as you would prefer. The ratings are not meant to be totaled or compared across aspects of life.

ASPECTS OF LIFE	DESCRIPTION OF BALANCED	THRIVING BALANCE RATING				
		UNSATISFIED		SATISFIED		
Psychological	Well-Being, Peaceful, Contented	1	2	3	4	5
	Emotionally Stable	1	2	3	4	5
	Manage Healthy Behaviors/Habits	1	2	3	4	5
	Feel Emotionally Strong, Grounded, Rooted	1	2	3	4	5
	Open Hearted/Compassionate/Grateful	1	2	3	4	5
Physical	General Health	1	2	3	4	5
	Prevention Efforts: (e.g Health Checkups)	1	2	3	4	5
	Sleep	1	2	3	4	5
	Exercise: Flexibility, Strength, & Endurance	1	2	3	4	5
	Focused, Clarity of Thinking	1	2	3	4	5
Spiritual	Zest for Life, Energized, Spirited	1	2	3	4	5
	Live Life with Meaning, Purpose, Values	1	2	3	4	5
	Feel Connected to Other (People, Spirit, Higher Power, God, Earth)	1	2	3	4	5

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ASPECTS OF LIFE	DESCRIPTION OF BALANCED	THRIVING BALANCE RATING				
		UNSATISFIED		SATISFIED		
<b>Educational</b>	Eager to Learn New Information	1	2	3	4	5
	Intellectually Stimulated/Challenged	1	2	3	4	5
	Self-Improvement Efforts	1	2	3	4	5
<b>Vocational</b> Applies to work either in-home or out-of-home.	Meaningful/Interesting Work	1	2	3	4	5
	Healthy Work Environment	1	2	3	4	5
	Reasonable Work Hours	1	2	3	4	5
	Benefits/Pay Match Work Requirements	1	2	3	4	5
<b>Financial</b>	Comfortable Cash Flow for Life-Style Needs	1	2	3	4	5
	Comfortable Saving for Leisure	1	2	3	4	5
	Comfortable Saving Toward Retirement	1	2	3	4	5
<b>Nutritional</b>	Eating Balanced/Healthy Meals	1	2	3	4	5
	Eating a Healthy Amount	1	2	3	4	5
	Primarily Eating for Physical Well-Being	1	2	3	4	5
<b>Social</b>	Satisfaction with Support from Family & Friends	1	2	3	4	5
	Take Time for Play & Creative Outlets	1	2	3	4	5
	Quality Time with Significant Other	1	2	3	4	5
	Quality Time with Children	1	2	3	4	5
	Sharing/Caring with Others/Society/Community	1	2	3	4	5