



Positive Work/Life Balance Assessment for Business Leaders

*How to Create Rounded Wellness In Your Life
by Rating Yourself in These 10 Categories*

by JM Ryerson

Absolutely everything we do affects another area of our lives. Encourage everyone in your life—from fellow team members to family—to seek rounded wellness in all ten of these areas listed below.

As you continue to build your business, you will experience much more long term success by working to balance each of these 10 areas. Many business leaders neglect some of the categories all together. The result is burnout, sickness, divorce, and other challenging situations.

To see how you're doing and learn where you can focus on improvement, **rate yourself on a scale of 1-10 in the following categories.** I recommend you print it out and circle your score in each category. As you continue to work on improving your overall score, you will find increased positive work/life balance:

#1 - SPIRITUALITY

How do you fill your bucket? This could include religion or something as simple as quiet reading time, reflection, and meditation.

1 2 3 4 5 6 7 8 9 10

#2 - HEALTH

Without our health, we really have nothing. How can we help each other make wise decisions in the area of nutrition, exercise, and even sleep habits? Why not help each other be our best versions?

1 2 3 4 5 6 7 8 9 10



#3 - SIGNIFICANT OTHER

Our relationship with our significant other drives us to win or dooms us to fail. There really is no middle ground here.

1 2 3 4 5 6 7 8 9 10

#4 - FAMILY

Are there any relationships with parents, kids, or siblings that need work? You never know what sort of insights you may be able to provide to someone else who is struggling.

1 2 3 4 5 6 7 8 9 10

#5 - FRIENDS

We all need friends, people who we can laugh with! If a co-worker doesn't have any, then you have found an instant way to help another human being.

1 2 3 4 5 6 7 8 9 10

#6 - MISSION

Do you feel fulfilled by the work your company does? If not, what's missing and what can you do about it? Does your family have a unified mission statement? If not, why not create one?

1 2 3 4 5 6 7 8 9 10

#7 - FINANCES

I encourage my family and co-workers to be wise stewards of their money. It matters.

1 2 3 4 5 6 7 8 9 10

#8 - ENERGY

What areas from this list are bringing energy levels down? Is it merely a health issue or something a little deeper?

1 2 3 4 5 6 7 8 9 10



#9 - EMOTION

We are all allowed to have a bad day. But don't let a bad day become a bad week. Help each other out of slumps and get to the bottom of a down mood before it poisons the well.

1 2 3 4 5 6 7 8 9 10

#10 - ADVENTURE

Encourage everyone to seek adventure! That could be in the form of a hobby, a vacation, or just hiking on the weekends. Get out and live life as the great adventure that it is!

1 2 3 4 5 6 7 8 9 10

Think of the ten areas as puzzle pieces. When one part is missing, you cannot see or understand the full picture. Help those around you find their missing pieces, and you will help the environments in which you live and work become places of trust, security, comfort, and freedom.

Continue working on each of the 10 areas so you can have the rounded wellness in your life you, your family, and your team deserve.

For more helpful tools and resources, please visit www.LetsGoWin.com.

Let's Go Win together!

JM Ryerson

