

THE GOALS PROCESS

Obstacles are those frightful things you see when you take your eyes off your goals. - Henry Ford, founder of Ford Motor Company

Balance

Just as we balance our checkbook, it's important to balance the rest of our life. Balancing simply helps us see where we have too much and where we need more. The chart below is very basic and simple. It is a great tool for helping you balance your wishlist instead of your wishlist balancing you. Simply circle the number you believe best describes your level for each particular area. Then connect the dots. If the connected line is not level, you are out of balance. If it is completely level, I want your autograph. I have yet to meet a person who was perfectly balanced. So don't be too concerned if your line is so bumpy it looks like a mountain climber's nightmare. The purpose here is not perfection but to give you a clearer picture.

W Wellness	I Information	S Serenity	H Hope	L Lasting Relationships	I Income	S Security	T Targets
9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1