



[www.julieannejones.com](http://www.julieannejones.com)

## How Harmonious is Your Life?

### Take our Simple Test

**It's simple: Ask yourself how fulfilled you are presently in each of the following ten areas of your life?**

Score each area on a scale of 1-10. (1 indicates not at all fulfilled and 10 indicates completely fulfilled.) Your rating signifies how **satisfied** you are **today**, not necessarily the amount of time and energy you spend in that area. Take some time and really think about the questions after each area. Be as honest as you can with yourself.

**Area One: Career** \_\_\_\_ Define what your ideal career would look and feel like. What is your present fulfillment level?

**Area Two: Relationships** \_\_\_\_\_ What do you want from the relationships in your life? It may be that you desire a few quality relationships and your intention is to create space for them in your life. Perhaps a few of your relationships are toxic or are not serving you.

**Area Three: Family** \_\_\_\_\_ How fulfilled are you with your family? What is your definition of family? It could be your immediate family or your extended family. For some of you, it could mean your closest, most intimate friends.

**Area Four: Spiritual Growth:** \_\_\_\_\_ What is your definition of spirituality? Are you living it?

**Area Five: Health** \_\_\_\_\_ How satisfied are you with your health? How healthy are your habits?

**Area Six: Financial** \_\_\_\_\_ How happy are you with your financial picture? How well do you understand it? Now, how aware are you of your beliefs surrounding your earning and spending habits?

**Area Seven: Partner/Romance** \_\_\_\_\_ How happy are you with the state of your partnership, marriage or love life in general? Are your needs in this area met on a consistent basis? Do you feel that you and your partner are growing together?

**Area Eight: Personal Growth:** \_\_\_\_\_ How satisfied are you with your personal growth? Do you give yourself time and permission to excel and to discover the wiser, more powerful you?

**Area Nine: Fun and Recreation** \_\_\_\_\_ What does fun mean to you? Do you take time to relax and enjoy time for yourself on a regular basis? Do you have fun with your family?

**Area Ten: Balance/Harmony** \_\_\_\_\_ How balanced is your life on a scale of 1-10? Looking back over the previous nine areas, what areas are out of balance?

### **Now add up your total score to see the results:**

**A score of 75 or better** - Good for you! You are probably living in harmony in most areas of your life, but pay attention to those areas that may be lower than a 7. They are an area of potential concern and you may want to make some changes now to bring the scores up in those areas.

**A score of 50 - 75** - You probably feel pretty harmonious in some areas of your life, and there are probably others that suffer more than you're comfortable with. By looking at the low scoring areas, you'll be able to focus on what needs your attention over the next few months. Make it your goal to raise each of those scores by at least one number.

**A score of 25 - 50** - Chances are good you're not fulfilled or feeling harmonious in much of your life. You may have one or two high numbers, but probably several of the areas above rate a 5 or below. It's time to take a serious look at where you're spending your time and energy and make some immediate changes. Working with a coach would greatly support you in stepping outside your life and seeing the potential for growth.

**A score of 25 or below** - I don't have to tell you this, because you already know it. Your fulfillment level in probably all areas of your life is low, which can affect the overall harmony in your life on a daily basis. The good news is, you have a choice to raise those scores. The best thing to do is focus on one or two at a time, consciously asking yourself what you can do right now to raise that score by even one number. You probably would benefit greatly by taking an honest look at your time management skills and making some changes regarding how you spend your time. If the thought of tackling this all by yourself seems overwhelming, consider working with a coach. Many times the clients who come to coaching with the lowest scores on this "test" end up getting the most value out of the coaching relationship in the long run.

To learn more about how coaching can support you, [click here](#) to go to our coaching page.