



financially **happy**

brought to you by [Intentionality.com](https://intentionality.com)[®]

YOUR LIFE BALANCE WORKSHEET



YOUR NET WORTH DOES NOT EQUAL YOUR NET WEALTH.

The life balance worksheet aligns with **Intentionality Principle #5** - Escape the prison of comparison by focusing on your path and what step(s) you can take today and **Intentionality Principle #6** - Experience fulfillment, not just success, by focusing on desired feelings, not just outcomes.

It's very misleading to measure yourself by only your net worth because there will be periods where it won't increase. You are setting yourself up for a measurement of success that you can't win, and this will feed into a pattern of negative and compounding feelings of self-worth.

While it is important to know your net worth and track it, what is more important is to track progress in ALL areas of your life as a more accurate measure of your worth. You can use this life balance worksheet to as a way to measure yourself in a more holistic way.

Give yourself a rating from 0 to 10 in each of these different areas. Add them up and see what overall number you get (out of 100). You will likely find that you are actually doing a lot better than you initially thought, because you have been focusing on just one metric. Some of you may feel the opposite, you may have been feeling great because you have built up a large net worth, but you now realize it was at the cost of sacrificing other areas in your life.

This exercise is something you can do weekly, monthly or quarterly. It will help give you a more accurate measurement of your whole self and allow you to focus on improving what is important to you rather than comparing yourself to others.



WELLBEING



LOVE



PROSPERITY

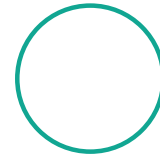


GROUNDING

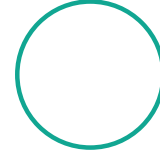
AREA

SCORE

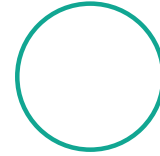
Physical Wellness



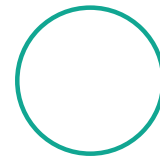
Mental Wellness



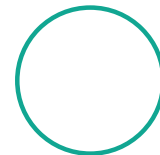
Energy Levels



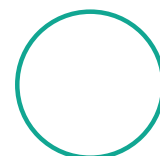
Intimate Relationship



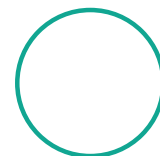
Friendships



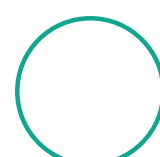
Family



Net Worth Measure

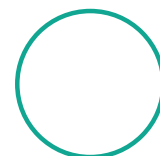


Money relationship

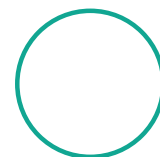


- Take the **Financially Happy** quiz
and then divide your FH score by 10

Life alignment with your
purpose and values



How in love with life are you?



TOTAL: