

Life Balance Assessment

A coaching self-check for priorities, energy, relationships, growth, recovery, and practical stability.

Web version: <https://beyondpsychub.com/life-balance-assessment-coaching-self-check/>

This coaching assessment is designed for self-reflection, not diagnosis. It helps you step back from daily demands and look at how your time, energy, and attention are distributed across the parts of life that matter to you.

A balanced life does not mean giving every area equal time. Balance changes with life stage, caregiving, work pressure, health, study, and personal priorities. The goal is to identify where your current pattern feels sustainable, where it feels strained, and what small adjustment would create the most useful improvement.

Important disclaimer

This assessment is for coaching, personal development, education, and self-help purposes only. It is not a medical, psychological, or psychiatric screening or diagnostic tool and cannot diagnose, rule out, or treat any condition. If your responses raise concerns about physical health, mental health, sleep, mood, anxiety, substance use, safety, or your ability to function, discuss your situation with a qualified medical or mental-health provider. Do not delay professional care because of a score on this assessment.

How to Use This Assessment

Rate each statement from 1 to 5 based on the last four weeks. Mark one box per statement. Answer based on your current reality, not how you think life should look.

1	2	3	4	5
Rarely true	Occasionally true	Sometimes true	Often true	Consistently true

Work, Study and Contribution

Statement	1	2	3	4	5	Score
1. I understand what matters most in my work or studies.						
2. My workload is demanding but generally manageable.						
3. I can finish most important tasks without repeatedly sacrificing sleep or personal time.						
4. I feel that at least some of what I do is meaningful or useful.						

Physical Energy and Daily Care

Statement	1	2	3	4	5	Score
5. I usually get enough rest to function well during the day.						
6. I make reasonable time for meals, movement and recovery.						
7. I notice early signs of exhaustion rather than waiting until I am depleted.						
8. I can adjust my routine when my energy is lower than usual.						

Relationships and Connection

Statement	1	2	3	4	5	Score
9. I have people with whom I can be honest.						
10. I make time for relationships that matter to me.						
11. I can ask for support when I need it.						
12. My relationships include enough mutual respect, not only obligation.						

Personal Growth and Learning

Statement	1	2	3	4	5	Score
13. I am learning, developing or exploring something that matters to me.						
14. I make time to reflect on what is and is not working.						
15. I can identify at least one area in which I have grown over the last year.						
16. My goals feel connected to the person I want to become.						

Enjoyment and Recovery

Statement	1	2	3	4	5	Score
17. I have activities that I do because I enjoy them, not because they are productive.						
18. I can rest without feeling that I must earn it.						
19. I have some unstructured time in an average week.						
20. I regularly experience moments of curiosity, play, calm or enjoyment.						

Environment and Practical Stability

Statement	1	2	3	4	5	Score
21. My physical environment supports rather than constantly disrupts me.						
22. I have reasonable systems for appointments, bills, household tasks or responsibilities.						
23. I know which practical problem is currently creating the most stress.						
24. I am taking at least one realistic step toward improving that problem.						

Scoring Your Assessment

Add your ratings for each four-question section. Each area can score from **4 to 20**.

Section score	Coaching interpretation
16-20	This area currently appears relatively supportive. Protect what is working.
11-15	This area may be functional but inconsistent. Look for one practical improvement.
4-10	This area may be receiving too little support, attention, or recovery. Explore it without self-judgment.

Remember: These ranges are coaching prompts, not clinical cutoffs. A low score does not mean you have a disorder, and a high score does not prove that everything is healthy.

Part 2: The Coaching Gap

For each area, rate your current satisfaction and current importance from 0 to 10. The largest coaching opportunity is often an area that is highly important but currently unsatisfying.

Life area	Satisfaction 0-10	Importance 0-10	Notes
Work/study			
Energy/daily care			
Relationships			
Growth/learning			
Enjoyment/recovery			
Practical stability			

Part 3: Reflection Questions

Which area is taking more energy than I want it to? _____

Which neglected area would improve several other areas if strengthened? _____

What am I maintaining only because I feel I should? _____

What am I doing well that I need to protect? _____

Where do I need a boundary rather than a better productivity system? _____

Where do I need support rather than more self-discipline? _____

If nothing changed for six months, what would concern me most? _____

Part 4: Choose One 14-Day Experiment

Area _____

What I want to improve	_____
One action I can repeat	_____
When and where I will do it	_____
If my main obstacle appears, then I will	_____
How I will know the experiment helped	_____

Key Takeaways

- Life balance is personal and changes over time.
- The lowest score is not always the most important coaching priority.
- Look for the gap between importance and current satisfaction.
- Protect areas that already work instead of trying to optimize everything.
- Choose one small experiment and review it after 14 days.

References

- International Coaching Federation: Code of Ethics
<https://coachingfederation.org/credentialing/coaching-ethics/icf-code-of-ethics/>
- Wang G, Wang Y, Gai X. Mental Contrasting With Implementation Intentions and Goal Attainment
<https://pubmed.ncbi.nlm.nih.gov/34054628/>

Important disclaimer

This assessment is for coaching, personal development, education, and self-help purposes only. It is not a medical, psychological, or psychiatric screening or diagnostic tool and cannot diagnose, rule out, or treat any condition. If your responses raise concerns about physical health, mental health, sleep, mood, anxiety, substance use, safety, or your ability to function, discuss your situation with a qualified medical or mental-health provider. Do not delay professional care because of a score on this assessment.