

Schatz & Company, Inc.

“Relieving the Stress & Pressure from Your Practice & Life”

The Balance Wheel

A balanced and happy life requires attention to more than just work. There are many components to your life. Consider the eight areas listed below and rate your **current level** of satisfaction and happiness based on a scale of **1-10**.

One is the lowest score and indicates an area needs lots of extra “work” and attention. **Ten is the highest score** and indicates complete satisfaction and happiness.

When you finish, look at any area that has a score lower than eight. What is needed to increase the “score” and your level of happiness and life balance?

Struggling? You’re not alone. Contact us and our coaching services can get you back on track. We can help you increase happiness and balance in all areas of your life.

