

# **Values and Life Balance**

**My employment goal:**

**How does this job contribute to my:**

**Physical area?**

**Social area?**

**Intellectual area?**

**Spiritual area?**

**Emotional area?**

**If my employment does not address a life**

**area, what activities could I do to gain or**

**keep life balance in the:**

**Physical area?**

**Social area?**

**Intellectual area?**

**Spiritual area?**

**Emotional area?**