

# MINDVALLEY 12 AREAS OF BALANCE EXERCISE

## "The Code of The Extraordinary Mind"

Date prepared: \_\_\_\_\_  
This is the Life Plan Of: \_\_\_\_\_

**DIRECTIONS:** (1) Rate yourself and core each of the 12 areas 1–10. (2) Write your vision in each column and dream big. (3) Focus and start simple and pick a few of your lower-scoring or areas you'd like to improve with small improvements. (4) Test and measure by revisiting every 90 days to track your progress. (5) Share it with the world to be transparent and make your dreams real (e.g. post it on the fridge, tell your spouse, manager, etc.).

EXPERIENCES What experiences do you want to have?		GROWTH How do you want to grow?		CONTRIBUTION How do you want to contribute?	
Love Relationship – What does your ideal romantic relationship look like?	_ / 10	Health & Fitness – How do you want to look/feel today and in 5/10/20 years?	_ / 10	Career – What's your vision for your current (or do you want a new) career?	_ / 10
Social Life – What experiences do you want to share with friends, what do they look like?	_ / 10	Intellectual Life – What do you need to or would really love to learn?	_ / 10	Character – What traits, beliefs, and values do you want to represent (e.g. integrity, bravery)?	_ / 10
Financial Life – What experiences would you like to afford?	_ / 10	Emotional Life – How do you want to feel consistently (e.g. happy, grateful)?	_ / 10	Family & Parenting Life – What can you give to your family that's special to you?	_ / 10
Quality of Life – What does your home, car, wardrobe, workspace, furniture, etc. look like?	_ / 10	Spiritual Life – Where are you now spiritually and where do you want to be or discover?	_ / 10	Life Vision – How do you want to give back to your community?	_ / 10