



Howard Bono's

The HoBo Report

Success with a balanced, relaxed lifestyle.

Ten Minute Life Balancing Exercise

With this simple tool you can evaluate where you are and where you want to go in your life in about 10 minutes. The simple act of writing it down will yield results you won't believe.

Instructions:

Page 1 – Where are you now?

1. Write 2 struggles you have for each of the areas of your life.
2. Rate that area of your life from a scale of 1-10.
3. List your biggest struggle of the 14 at the bottom.

Page 2 – Your Life Wheel

1. Transfer your ratings from page 1 to each section on page two.
2. List your lowest and highest areas.
3. Make a mark in the arrow on the wheel corresponding to each of your ratings.
4. Connect the dots to form a circle.
5. How round is your circle? What do you need to do to change the flat spots?
6. What is your biggest Aha from what you see? Is your life balanced? Write your thoughts at the bottom.

Page 3 – Where are you going to be at the end of the year?

1. Write two things in each area that affirm what you want to have happen at the end of the year.
2. List the most important thing for you to make happen this year.
3. Now you don't have to do anything with this or you can put it up where you can see it every day. You can share it with those you care about or keep it a secret.
4. Whatever you decide to do, keep it. Plan to look at it again at the end of the year to see how well you did. How your life changed even if you didn't take any particular steps to make it happen. You will be surprised.

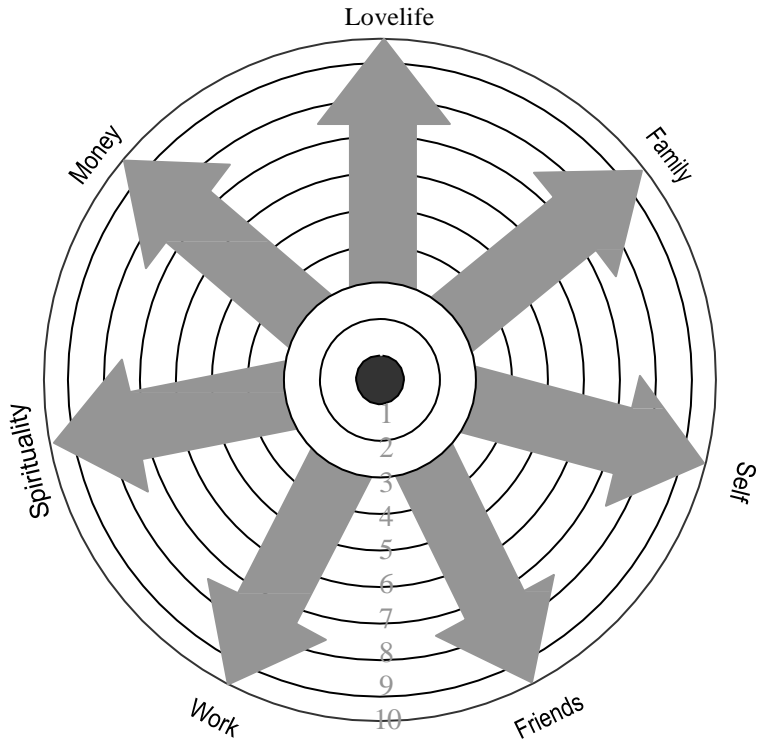
We hope that this year is full of the best days of your life.

Where are you now?

What is your biggest struggle in each area?

	7 Boxes of Life	Rate 1-10
Work	1.) 2.)	
Money	1.) 2.)	
Loveline	1.) 2.)	
Family	1.) 2.)	
Spirituality	1.) 2.)	
Friends	1.) 2.)	
Self	1.) 2.)	

Your biggest struggle in all areas combined?



Loveline: _____

Family: _____

Self: _____

Friends: _____

Work: _____

Spiritual: _____

Money: _____

<p>Low Area: _____</p> <p>High Area: _____</p>
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Your Biggest Aha! _____

Where will you be at the end of the Year?

7 Boxes of Life

Work	1.)	
	2.)	
Money	1.)	
	2.)	
Loveline	1.)	
	2.)	
Family	1.)	
	2.)	
Spirituality	1.)	
	2.)	
Friends	1.)	
	2.)	
Self	1.)	
	2.)	

Your most important goal to focus on:
