

## Thriving Balance Scale™

Doug J. Moore, Ph.D. - Clinical Psychologist, Life Coach, & Spiritual Teacher [www.DougJMoore.com](http://www.DougJMoore.com) | [www.ThriveandAwaken.com](http://www.ThriveandAwaken.com)

Name \_\_\_\_\_ Date \_\_\_\_\_

### Directions

Read each domain of life and its corresponding description, then circle the number to the right that best represents how satisfied you feel in each domain of life. Base your rating on the average for the last three months.

The ratings are designed to help you become mindful of those areas you feel are not as balanced as you would prefer. The ratings are not meant to be totaled or compared across aspects of life.

DOMAINS OF LIFE	DESCRIPTION OF BALANCED	THRIVING BALANCE RATING				
		UNSATISFIED		SATISFIED		
Cognitive	Mind is Calm & Open	1	2	3	4	5
	Curiosity is Vibrant	1	2	3	4	5
	Fostering Creativity	1	2	3	4	5
	Mind Used as a Tool when Needed	1	2	3	4	5
	Discernment Based on Love	1	2	3	4	5
	Seeing All of Life is FOR you	1	2	3	4	5
	Saying Yes to Life vs No	1	2	3	4	5
	Experiencing Abundance vs Scarcity	1	2	3	4	5
	Growth vs Fixed Mindset (Very Open to Change)	1	2	3	4	5
Emotional	Guided by Uplifting Emotions (e.g. Joy, Awe, Love)	1	2	3	4	5
	Embrace Distressing Emotions	1	2	3	4	5
	Regulate and Clear Reactivity	1	2	3	4	5
	Mindful through much of the Day	1	2	3	4	5
	Self-Compassion is Prominent	1	2	3	4	5
	Deeply Grateful for All of Life as it is	1	2	3	4	5
	Being Authentic	1	2	3	4	5
	Trusting Life	1	2	3	4	5
	Experiencing Presence	1	2	3	4	5

# Thriving Balance Scale™

DOMAINS OF LIFE	DESCRIPTION OF BALANCED	THRIVING BALANCE RATING				
		UNSATISFIED			SATISFIED	
<b>Behavioral</b>	Daily Meditation Practice	1	2	3	4	5
	Eating Healthy Foods	1	2	3	4	5
	Staying Hydrated	1	2	3	4	5
	Minimal Alcohol	1	2	3	4	5
	Ample and Regular Sleep	1	2	3	4	5
	Regular Checkups	1	2	3	4	5
	Social Media in Balance	1	2	3	4	5
<b>Physical</b>	General Health	1	2	3	4	5
	Prevention Efforts: (e.g Health Checkups)	1	2	3	4	5
	Sleep	1	2	3	4	5
	Exercise: Flexibility, Strength, & Endurance	1	2	3	4	5
	Focused, Clarity of Thinking	1	2	3	4	5
<b>Energetic</b>	Feel Enlivened/ Energetic	1	2	3	4	5
	Daily Practice to Move & Balance Energy	1	2	3	4	5
	Connecting/Being with Nature Regularly	1	2	3	4	5
	Resilience & Stamina is Strong	1	2	3	4	5
	Dedicated to Rest	1	2	3	4	5
	Healthy Play is Infused into the Day	1	2	3	4	5
<b>Educational</b>	Eager to Learn New Information	1	2	3	4	5
	Intellectually Stimulated/Challenged	1	2	3	4	5
	Self-Improvement Efforts	1	2	3	4	5
<b>Vocational</b> <i>Applies to work/service either in-home or out-of-home.</i>	Meaningful/Interesting Work	1	2	3	4	5
	Healthy Work Environment	1	2	3	4	5
	Reasonable Work Hours	1	2	3	4	5
	Benefits/Pay Match Work Requirements	1	2	3	4	5

## Thriving Balance Scale™

DOMAINS OF LIFE	DESCRIPTION OF BALANCED	THRIVING BALANCE RATING				
		UNSATISFIED		SATISFIED		
Financial	Comfortable Cash Flow for Life-Style Needs	1	2	3	4	5
	Comfortable Saving for Leisure	1	2	3	4	5
	Comfortable Saving Toward Retirement	1	2	3	4	5
Social	Satisfaction with Support from Family & Friends	1	2	3	4	5
	Take Time for Play & Creative Outlets	1	2	3	4	5
	Quality Time with Significant Other	1	2	3	4	5
	Quality Time with Children	1	2	3	4	5
	Sharing/Caring with Others/Society/Community	1	2	3	4	5
Spiritual	Comfortable with the Mystery of Life, Energized, Spirited	1	2	3	4	5
	Live Life with Meaning, Purpose, Values	1	2	3	4	5
	Feel Aligned	1	2	3	4	5
	Live Life with Meaning, Purpose, Values	1	2	3	4	5
	Feel Connected to Others (People, Spirit, Higher Power, God, Earth)	1	2	3	4	5