

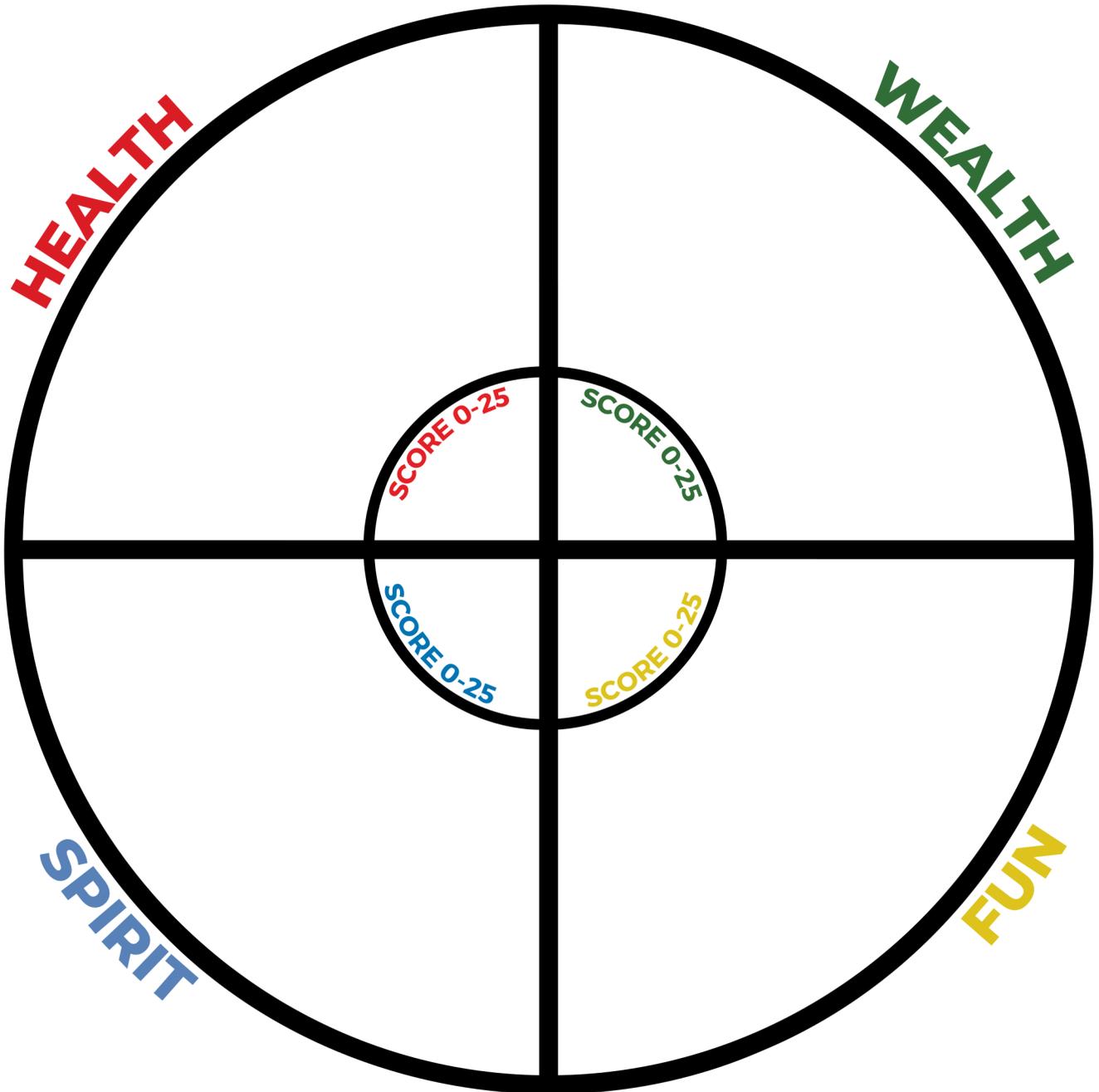
B100 DAILY

L I F E B A L A N C E

B100 Score - Self Assessment

Name _____ Date _____ B100 Score _____

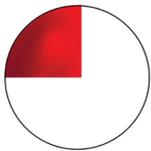
- Use the inner circle to write your Score (0-25) in each Life Sector
- Use the white space in each Sector to write the reasons for your Score



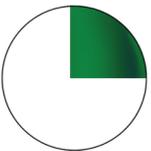


B100 Score - Self Assessment

The B100 Score Self Assessment measures your BALANCE in the 4 Life Sectors of Health, Wealth, Spirit, & Fun. When you consider your score in each Sector, do not compare or rate yourself on the expectations of others or outside standards and instead base your score on your own life, needs and wants. **DIRECTIONS:** In each Sector your score can range from 0-25 with 0 being the lowest and 25 being the highest. Below is an explanation for each Sector and some factors to consider in determining your B100 Score. Please keep in mind these factors are just a small example of things to consider in each Sector. We have made it easy for everyone to have access to this assessment, and it is changing lives.



Health- Physical and Mental Health are at the heart of life, and the force of mind-body connection. Taking care of our HEALTH is the foundation for living a vibrant life. **Factors:** Boundaries, Emotions, Exercise, Nutrition, Sleep & Weight



Wealth- Money is the vital force of our economy, and when we live within our means, WEALTH gives us the best opportunity to prosper and have financial peace of mind. **Factors:** Debt, Job, Real Estate, Retirement, Savings & Will



Spirit- Guidance and support from a Higher Power helps us live in SPIRIT by choosing faith over fear, service over self and giving life more meaning and purpose. **Factors:** Journaling, Meditation, Nature, Prayer, Reading & Volunteering



Fun- Remembering our innocence, energy, playfulness and laughter! FUN allows us to approach life with curiosity, lightness and wonder without having to make sense of it all. **Factors:** Creativity, Dance, Music, Sports, Social Activities & Vacation

Finding your BALANCE and elevating your B100 Score is a daily practice through the ups and downs of life!



Join our online community at www.b100daily.com to find tools, tips and support to assist with creating BALANCE & building GENERATIONAL PROSPERITY in your life (GP4 Life)