

Visit [www.SynergyInstituteOnline.com](http://www.SynergyInstituteOnline.com) or email us at [info@SynergyInstituteOnline.com](mailto:info@SynergyInstituteOnline.com)

Thank you for your interest in the Synergy Institute. We appreciate your choice in our exceptional resources and products.

## Dear Customer,

The Synergy Institute offers a whole line of ready to use Personal Development workbooks, forms, and visually-descriptive handouts in ready-to-print PDF format for you to use and it's 100% free! Our commitment has always been to provide the most effective tools for personal transformation and put them in the hands of the people who need them the most. Please feel free to print out and share these valuable resources with your friends, family and co-workers.

## Order Custom Forms

If you would like to purchase a set of customized forms with your own logo and information on it, then please contact us at [info@SynergyInstituteOnline.com](mailto:info@SynergyInstituteOnline.com) for licensing information. We can deliver you a print-ready file or have your forms professionally printed.

## Advertise on This Page on all our Forms

[SynergyInstituteOnline.com](http://SynergyInstituteOnline.com) is one of the top personal development sites on the internet. Our site gets approximately 1,500 visitors a day who are looking for self improvement and personal growth advice and solutions. The Synergy Forms Bank offers hundreds of Personal and Professional forms, questionnaires, and visually-based material designed by the Synergy Institute and 100% free to our users.

### Benefit from viral online and offline marketing

All of our forms come with a cover page, just like the one you are reading now. We have made it possible for you to benefit from our distribution by offering sponsorship for our forms. We've discovered that our forms get distributed virally, whether it's between friends or in the corporate world from manager to employee.

For more information, please contact Tristan Loo at: [info@SynergyInstituteOnline.com](mailto:info@SynergyInstituteOnline.com)

## What is the Synergy Institute?

The Synergy Institute is a personal development publishing and training company based out of San Diego, California. Our mission is to provide the tools and the education needed to help as many people as we can create a positive change in their lives.

### We offer:

- Life & Personal Coaching Services
- Self Improvement Resource Publishing
- Corporate Soft-Skills Training
- Personal Growth Seminars
- Personal Development Products

## Who is Tristan Loo?

**Tristan Loo** is a professional Life Coach, Author, Presenter and Founder of the Synergy Institute. He is internationally recognized as authority on human potential, communication and personal effectiveness. Tristan's amazing success rate at having his clients reach their goals has him in high demand all over the world and has attracted the attention of an A-list clientele. His methods have been successful in helping people achieve their happiness in life where traditional approaches have consistently failed. In business settings, Tristan's practical techniques have consistently increased motivation, improved communication and increased sales. Tristan has coached clients in the United States, Canada, Great Britain, Ireland, Australia and India.

Copyright © 2007, Synergy Institute. All rights reserved.  
Visit the #1 Personal Development Resource Site on the Internet

[www.SynergyInstituteOnline.com](http://www.SynergyInstituteOnline.com)



# Life Balance Assessment Form

Brought to You by The Synergy Institute

## Instructions

**Purpose:** This is a very powerful assessment that can be administered by a coach or be used as a self-assessment to determine how balanced the individual's life is currently. This assessment provides an excellent visual analysis of the areas in an individual's life that are strong and weak.

**Directions:** Assess your level for each component of the wheel of life from 0 to 10 and shade in those sections with your corresponding grade. Use the assessment key to help you choose the best grade. Remember that honesty counts, so be true to yourself.

**Interpreting Results:** After shading in each section, look at your resulting wheel and ask yourself how well it would roll on the ground. Is your wheel balanced enough to roll smoothly, or is it uneven enough to ensure a bumpy ride?

## What is the Synergy Institute?

The Synergy Institute is a personal development publishing and training company based out of San Diego, California. Our mission is to provide the tools and the education needed to help as many people as we can create a positive change in their lives.

### We offer:

- Life & Personal Coaching Services
- Corporate Soft-Skills Training
- Personal Growth Seminars
- Personal Development Products

## Who is Tristan Loo

**Tristan Loo** is a professional Life Coach, Author, Consultant, Instructor and Founder of the Synergy Institute. He is internationally recognized as authority on human potential, communication and personal effectiveness. Tristan's amazing success rate at having his clients reach their goals has him in high demand all over the world and has attracted the attention of an A-list clientele. His methods have been successful in helping people achieve their happiness in life where traditional approaches have consistently failed. In business settings, Tristan's practical techniques have consistently increased motivation, improved communication and increased sales. Tristan has coached clients in the United States, Canada, Great Britain, Ireland, Australia and India.

## Advertise on This Page on all our Forms

SynergyInstituteOnline.com is one of the top personal development sites on the internet. Our site gets approximately 1,500 visitors a day who are looking for self improvement and personal growth advice and solutions.

The Synergy Forms Bank offers hundreds of Personal and Professional forms, questionnaires, and visually-based material designed by the Synergy Institute and 100% free to our users.

### Benefit from viral online and offline marketing

All of our forms come with a cover page, just like the one you are reading now. We have made it possible for you to benefit from our distribution by offering sponsorship for our forms. We've discovered that our forms get distributed virally, whether it's between friends or in the corporate world from manager to employee.

### Benefits of Being a Sponsor:

- Leverage the traffic of SynergyInstituteOnline.com
- Have your advertisement distributed virally when people print out our forms to share with others
- Cost effective marketing that's appropriate for any budget

For more information, please contact Tristan Loo at:  
[info@SynergyInstituteOnline.com](mailto:info@SynergyInstituteOnline.com)

Copyright © 2006, Synergy Institute. All rights reserved.  
Visit the #1 Personal Development Resource Site on the Internet

[www.SynergyInstituteOnline.com](http://www.SynergyInstituteOnline.com)

# Life Balance Assessment Form

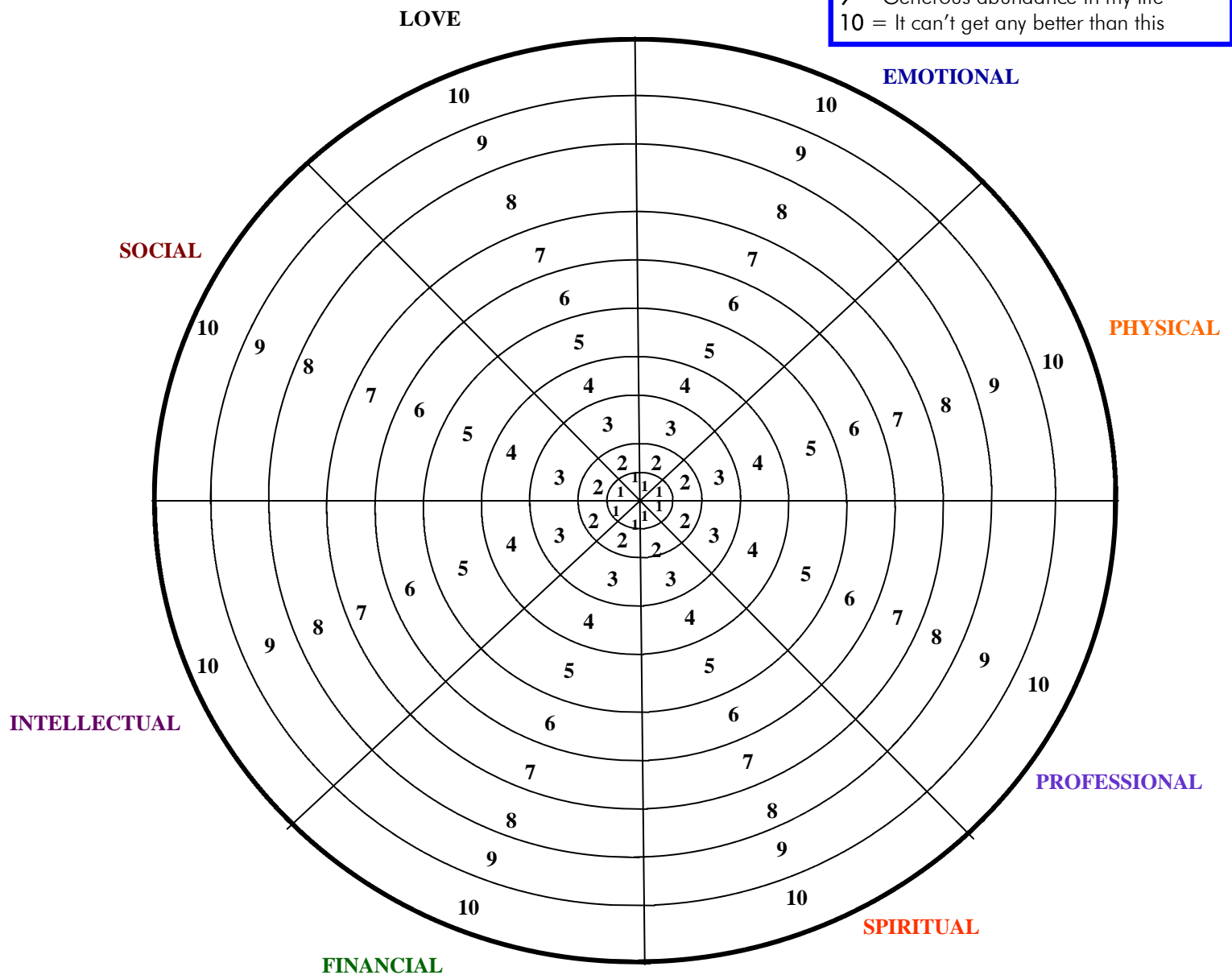
**Purpose:** This self-reflective assessment is designed to give you a visual representation of where you are currently in your life. The wheel of life assessment is a tool to give you an overview of the areas of your life that you are doing really well in as well as those areas that might be lacking.

## Assessment Key

- 0 = I experience none of this value
- 1 = Next to nothing
- 2 = Very much lacking in my life
- 3 = Only a little bit
- 4 = Could use more, but getting by
- 5 = Neutral, neither good nor bad
- 6 = Adequate amount in my life
- 7 = I'm content with what I have
- 8 = I'm more than content
- 9 = Generous abundance in my life
- 10 = It can't get any better than this

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



Copyright © 2006 by Tristan Loo. All rights reserved.

Over 1000+ Personal Development Articles, Audio, and Resources Available at [www.SynergyInstituteOnline.com](http://www.SynergyInstituteOnline.com)  
[www.SynergyInstituteOnline.com](http://www.SynergyInstituteOnline.com) | [info@SynergyInstituteOnline.com](mailto:info@SynergyInstituteOnline.com)