



DR. TAZ M.D.
INTEGRATIVE MEDICINE

LIFE INVENTORY ASSESSMENT

Your Life Score

(One point for every yes)

Work/Career

I enjoy my current job, work situation*	Y	N
I am financially stable	Y	N
I have time and opportunity to grow my career	Y	N
I spend 40 hours or less per week working	Y	N
I take vacations 2-3x per year	Y	N

Moms - this is a full time job - please consider this your work situation

Sleep

I am able to maintain consistent sleep (6-8 hours per night)	Y	N
I prioritize and value my sleep.	Y	N

Relationships

I have close, intimate relationships	Y	N
I have at least 3 close family members that I communicate with	Y	N
I have at least 3 close friends that I can confide in	Y	N
I spend between 20-30 hours per week on my relationships	Y	N
I have boundaries in my relationships to balance my needs	Y	N

Self Care

I budget 6-8 hours per week (400 min weekly average) for exercise	Y	N
I practice some form of daily mindfulness, 15 mins per day	Y	N
I devote 2 hours weekly to a spiritual practice or routine	Y	N
I budget 1-2 additional hours per week to self care (spa, walks, etc)	Y	N

Personal Development

I devote 1-2 hours per week towards personal development	Y	N
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Life Score:

0-7- Time to reassess. I recommend working with a Life coach to prioritize your time so that it works for you. Identify the area above that seems most out of balance and see if you can reallocate hours here.

8-13- Tweaking needed. Overall you are not doing so badly with balance, but consider a few tweaks to help you create a life you love and one that truly optimizes your health.

14- 17- You have got your priorities and timing together. We can all learn from you. Great job!