



## Men in Balance™ Personal Dashboard

Spiritual	Family	Life Speed	Relationships	Work/Life
<input type="checkbox"/> Pursue spiritual goals <input type="checkbox"/> Pray regularly <input type="checkbox"/> Worship regularly <input type="checkbox"/> Read Bible regularly <input type="checkbox"/> Actively help others <input type="checkbox"/> Meditate on life's meaning	<input type="checkbox"/> Close partner relationship <input type="checkbox"/> Lead family worship <input type="checkbox"/> Present for most events <input type="checkbox"/> Bring family to worship <input type="checkbox"/> Mentor children <input type="checkbox"/> Open family dialog	<input type="checkbox"/> In the moment <input type="checkbox"/> Present focused <input type="checkbox"/> Able to relax, enjoy life <input type="checkbox"/> Grounded in faith <input type="checkbox"/> Attentive to health <input type="checkbox"/> Actively listen to others	<input type="checkbox"/> Faithful to partner <input type="checkbox"/> Healthy, supportive friends <input type="checkbox"/> Seek ways to help others <input type="checkbox"/> Supportive to family <input type="checkbox"/> Open, transparent <input type="checkbox"/> Admits errors, apologizes	<input type="checkbox"/> Balance work and home <input type="checkbox"/> Non-materialistic <input type="checkbox"/> Display integrity at work <input type="checkbox"/> Place work in perspective <input type="checkbox"/> Avoid over-committing <input type="checkbox"/> Can "switch off" work