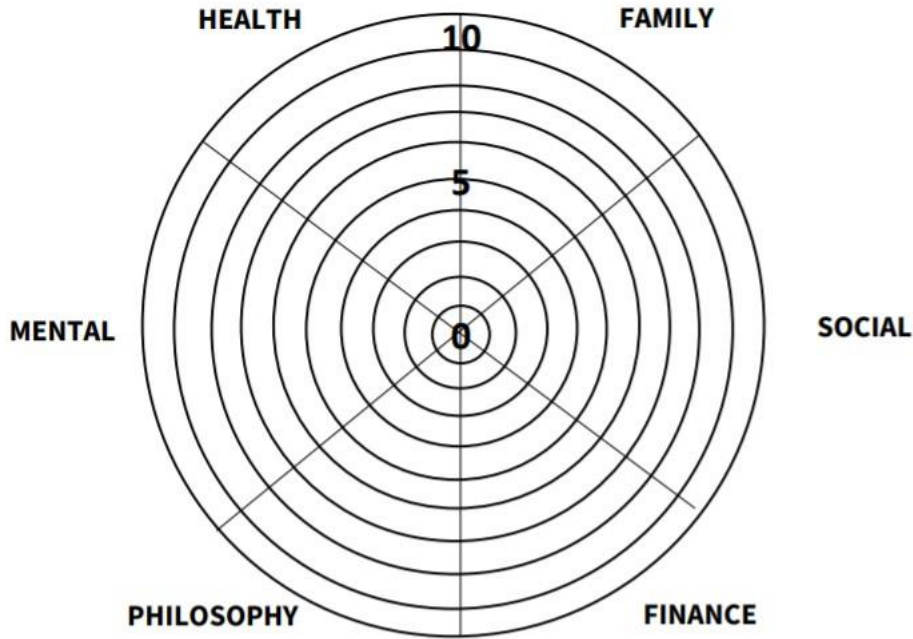


# Life Balance

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Rate how satisfied you are in each of the six areas. Feel free to rename the wheel segments. A score of 0 indicates you are very dissatisfied, a score of 5 moderately satisfied and 10 totally satisfied.



2. Shade the area up to your score as shown in the example on the previous page. The resulting shape is your wheel of life. What does your wheel look like? Is it balanced? Is it a complete circle? If so, your wheel will turn. Is it a semicircle? Your problem will be that it will complete half a turn and then stop. Which areas do you need to work on? What activities do you need to undertake to improve your score?
3. Are the areas in your life that are most or least important ranking highest and lowest? Select two areas that need work and develop some action plans.

Key strategies to address the areas that are most out of balance