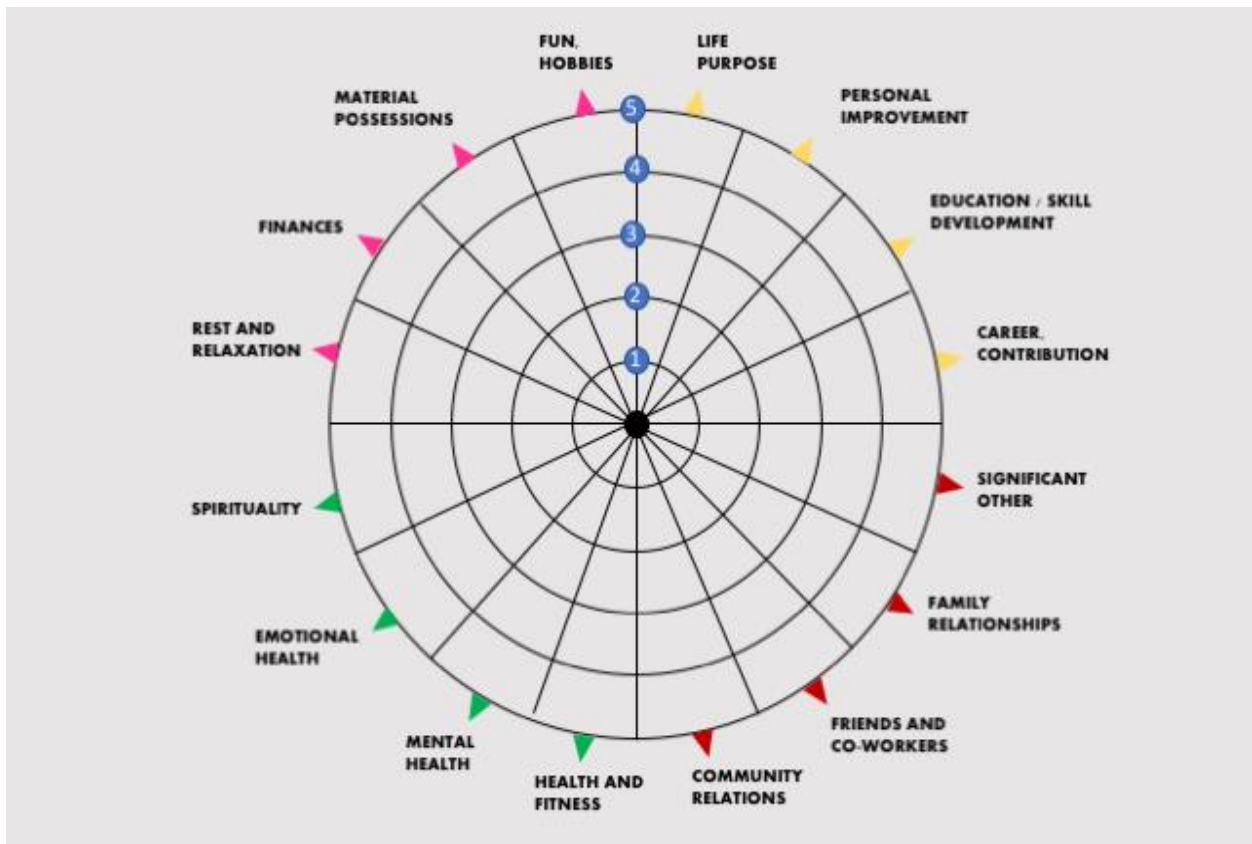


LIFE BALANCE WHEEL

Use the wheel below to identify your current level of satisfaction in the areas listed. Score yourself between 0 (the center of the wheel) and 5. A score of 0 would indicate not satisfied, and 5 would be very satisfied.

If some area of your life is not relevant, identify it on the wheel. For instance if you are unmarried the section Significant Other would not be relevant.

When making your selection go with what comes to your right away not what you think it should be.



Take a moment to reflect on the wheel after you complete it. Which life areas would you like more satisfaction on? How and What can you do today to achieve this?
