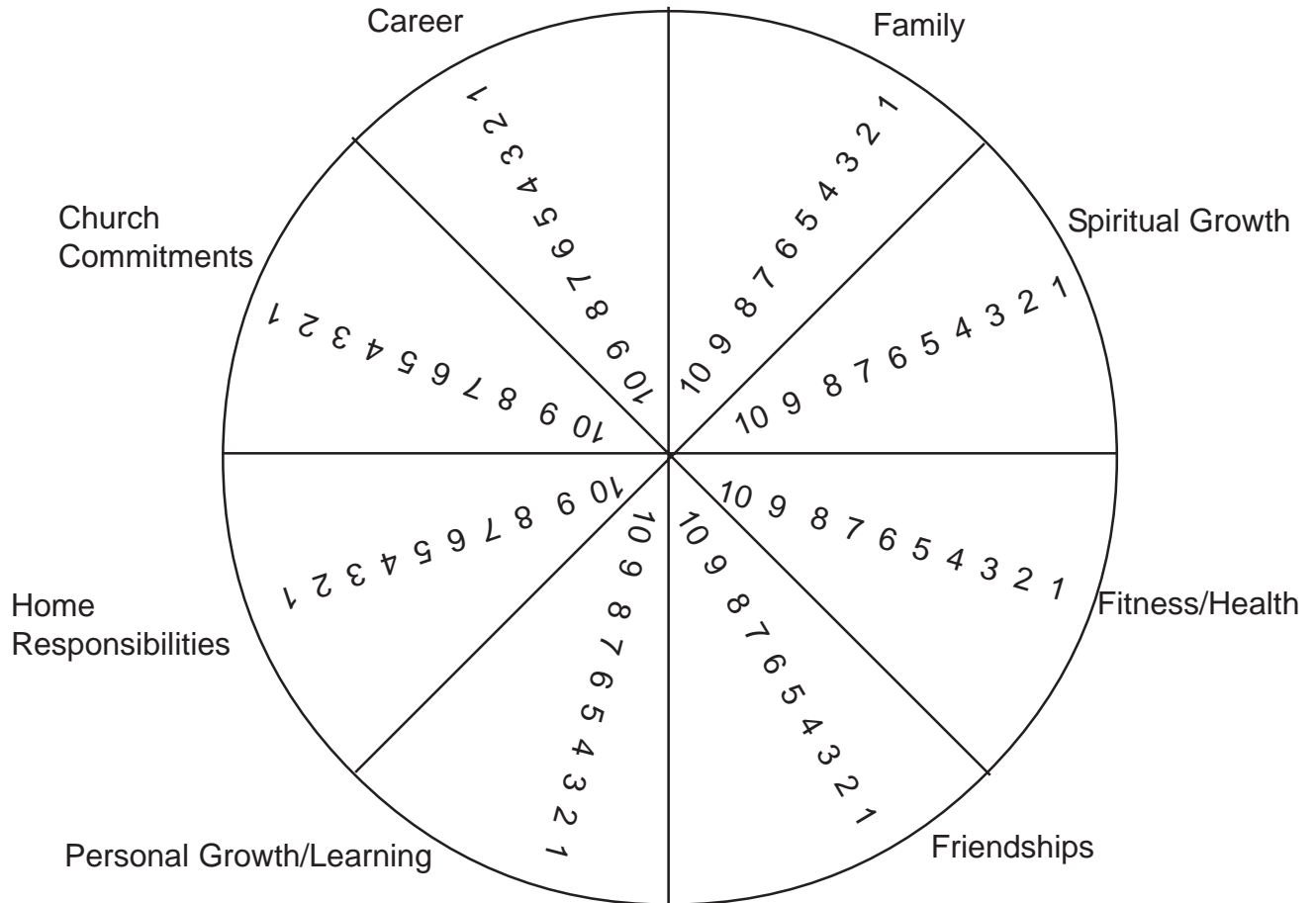


Life Balance Wheel

Our lives are made up of different areas. For our lives to be in balance, we need to be experiencing satisfaction in these areas. When one area is off, it will throw our whole life out of balance.



Step 1: Circle the number that best represents your level of satisfaction in each area of your life, with 1=Completely satisfied and 10=Completely dissatisfied.

Step 2: Now connect the dots from area to area creating a unique circle.

Step 3: How would your vehicle travel if its wheels looked like this shape? Is your life feeling similar to that kind of ride?

Step 4: Identify the area with the most of dissatisfaction.

Step 5: Set 3 goals for how you can improve this area.