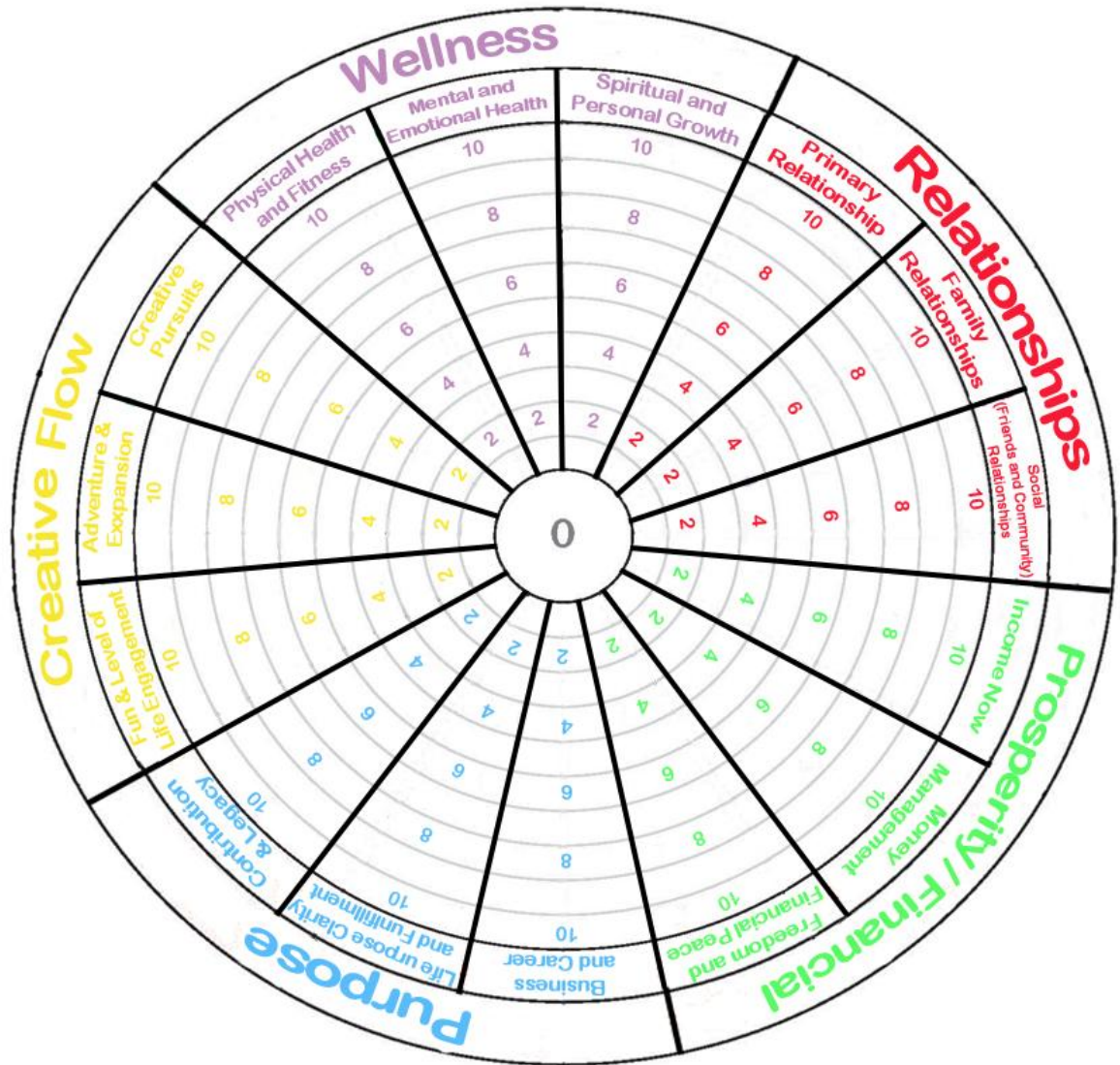


Balance Wheel of Life

Name: _____ Date: _____



Directions: To discover where you are and where you have opportunities for improvement, rank your level of satisfaction with each life area by drawing line in each segment, connect your lines around the wheel to discover your level of balance, satisfaction and fulfillment.

Imagine, what would my life be like if I were a 10 in this area _____?

How would life be different?

What is one small but meaningful goal that I am willing to take action upon now?

Three action items:

