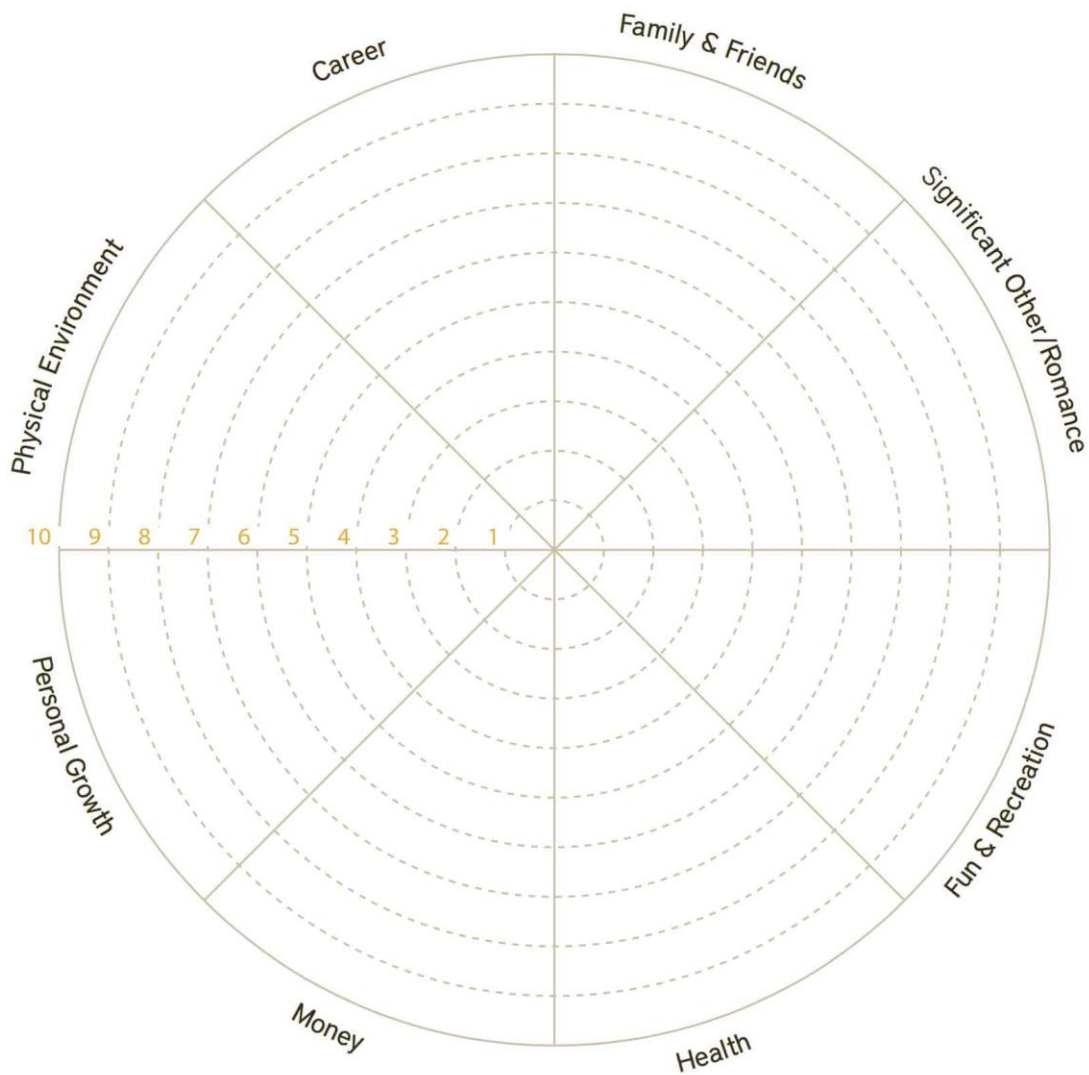


Life Balance Wheel

SELF-ASSESSMENT TOOL

How balanced is your life? Shade in how much time and attention you give to each life area (use the 1-10 scale). Ex. Do you spend all your time at work (9) and little time with family (2)?



Note which areas you want to work on so your wheel rolls smoothly.

Are the less shaded areas those that are less fulfilling, neglected or problematic? Are some areas thriving? What needs your attention? You don't need all 9s or 10s, nor should all be a 5, just more balanced where it matters.