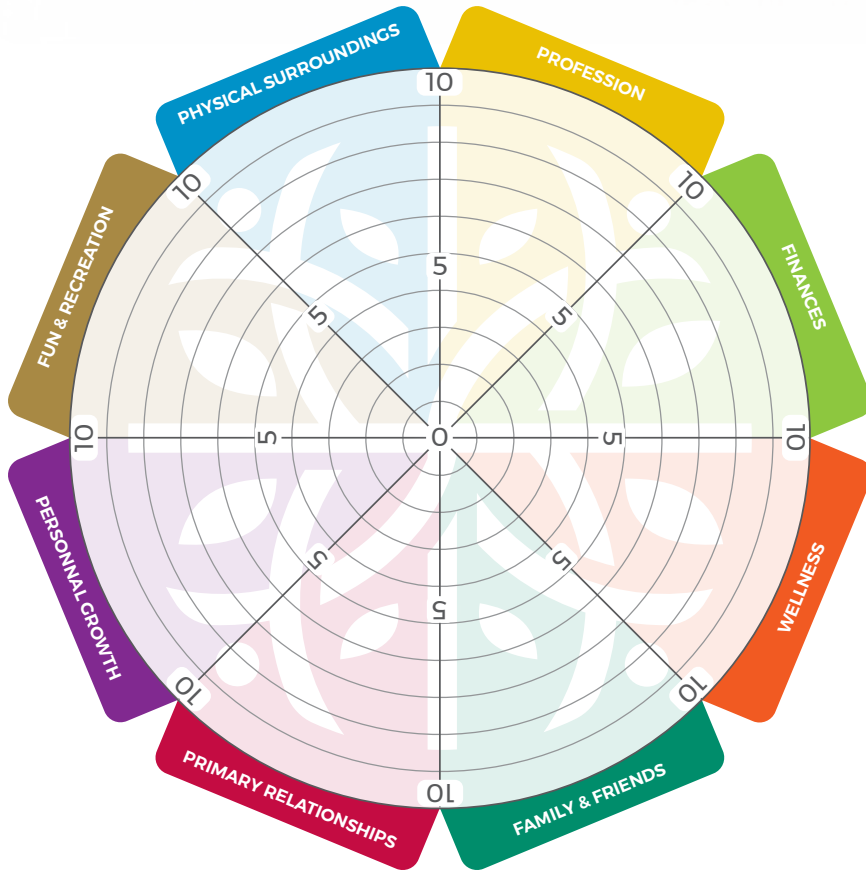




# LIFE'S BALANCE WHEEL

Instructions: As denoted by the numbers on the axes within the circle, 0 is the lowest rating with 10 as the highest. Rate your level of fulfillment for each segment of your life.



- **Profession:** Giving and expressing your unique gifts and talents.
- **Finances:** Your relationship with money (giving and receiving) and abundance.
- **Wellness:** Your health, body, and sense of physical safety.
- **Family and Friends:** Fulfilment with family, friends, and associates.
- **Primary Relationships:** The person closest to you. In or not in a primary relationship.
- **Personal Growth:** Discovering and learning about yourself
- **Fun and Recreation:** Time for regeneration, enjoyment, and leisure.
- **Physical Surroundings:** Where you spend time (home, office, and car).

## Balance and harmonize the various facets of your life. Ask Yourself:

1. What do I want?

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2. Is that what I really want?

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3. What am I not paying enough attention to in my life right now?

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4. What is the easiest first step I can take now in the direction of what I want?

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\*Remember to review your personal balance regularly.\*

Form completed by: \_\_\_\_\_

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