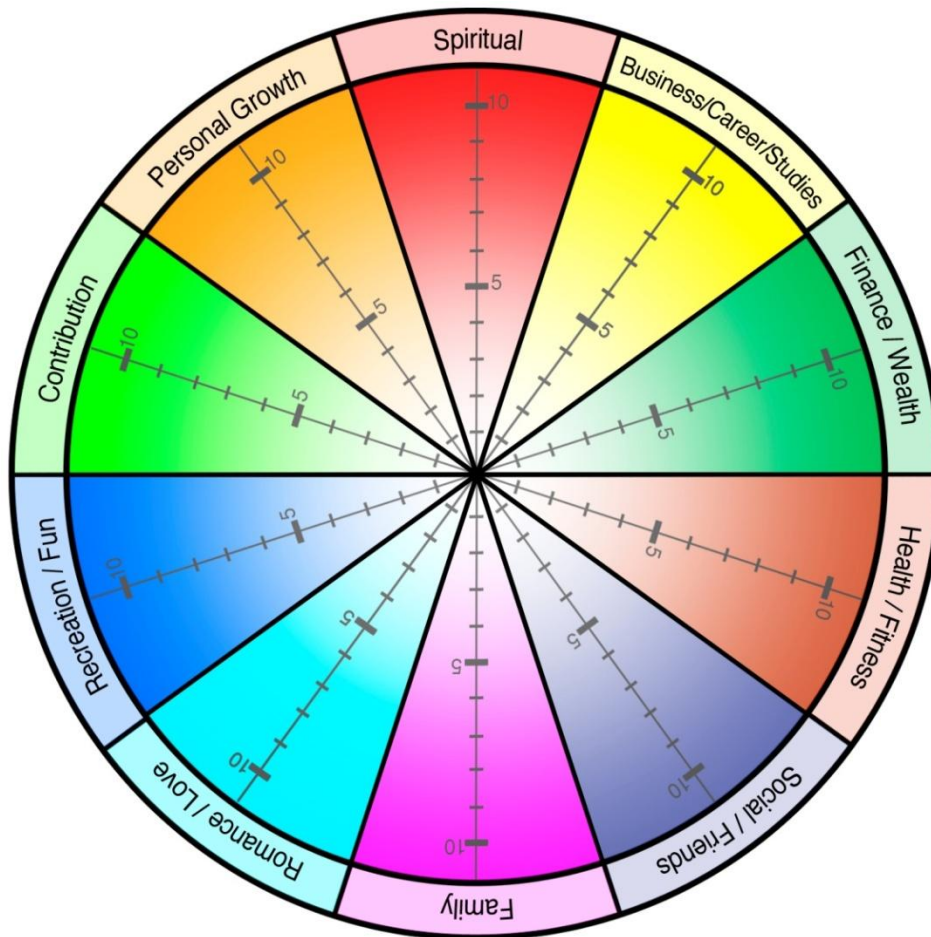


LIFE BALANCE

Think about the different areas of your life that you see below, and have a think about how satisfied you are with them right now. Each segment has a scale from 0-10, 0 being the lowest, 10 being the highest. The scale represents your satisfaction right now with each area of your life. Mark out your score in each section by placing a mark along the relevant score line.

When you have completed all segments, join up all your markings with a curved line, and you will see a representation of your current life balance as your wheel of life.



This wheel represents your life as a whole system, with all segments having an impact upon the other areas of your life, for example if you are too focused on one area of your life you may neglect others. The rounder the wheel, the more balanced, healthy and fulfilled your life is. Take a moment to think of any dreams and goals that you have for yourself and notice how your wheel currently compares.

How smooth a journey is your wheel taking you though life currently?