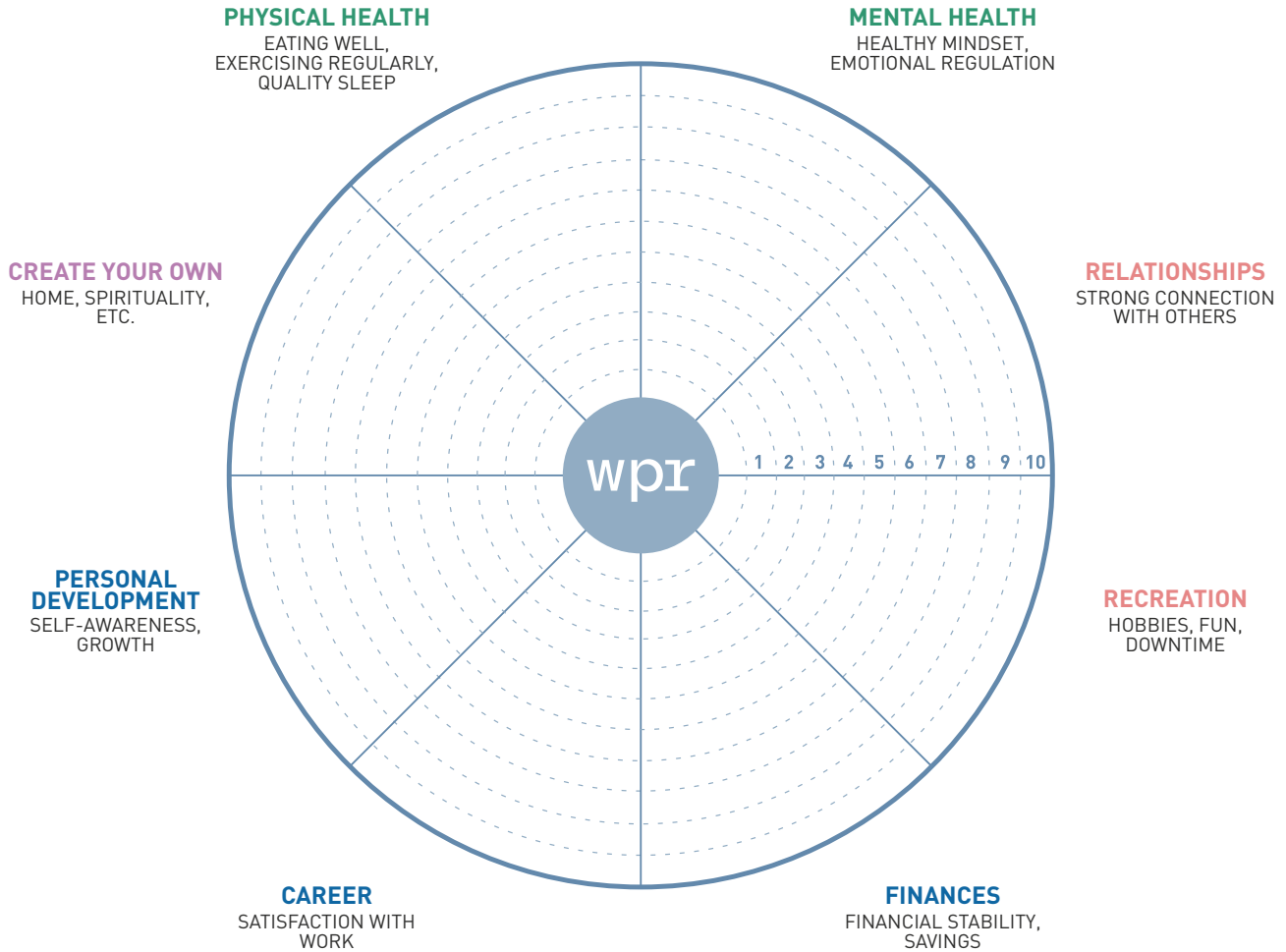


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LIFE BALANCE WHEEL

Rate the areas of your life on the scale of 1-10 by drawing a dot on the applicable circle in each area below. Connect the dots to see how balanced your life is!



WHICH AREAS ARE IN NEED OF CARE?

- PHYSICAL HEALTH
- MENTAL HEALTH
- RELATIONSHIPS
- RECREATIONS
- FINANCES
- CAREER
- PERSONAL DEVELOPMENT
- CREATE YOUR OWN

WHAT CAN YOU CHANGE TO FIND MORE BALANCE?

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