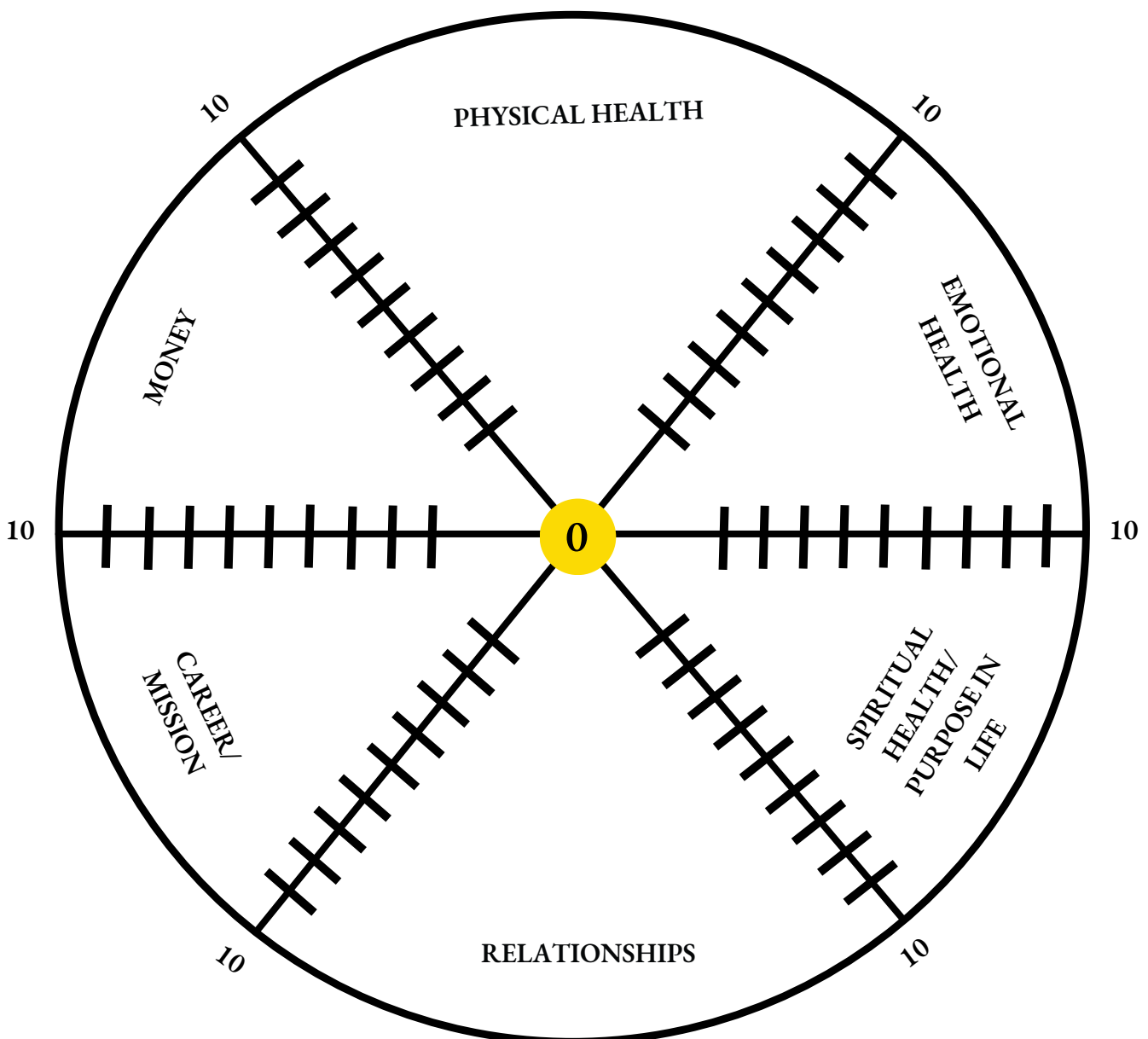


WHEEL OF BALANCE

Life might feel out of balance at times. On a scale of 0 to 10, rate your current situation in each aspect of your life. The outside circle stands for 10 (the best), while the middle represents 0 (nothing). In each area where you believe you are truly at this moment in your life, draw a line. This will highlight the areas in which you excel and those in which you require more work.





Name: _____

Date: _____

REFLECTION

1. What are the areas where you excel?

2. What areas need to be improved?

3. What adjustments can you make to help your life become more balanced?

4. What will it mean for you to strengthen your areas of weakness?

5. What will it look like, how will it feel, and what would you do differently?
