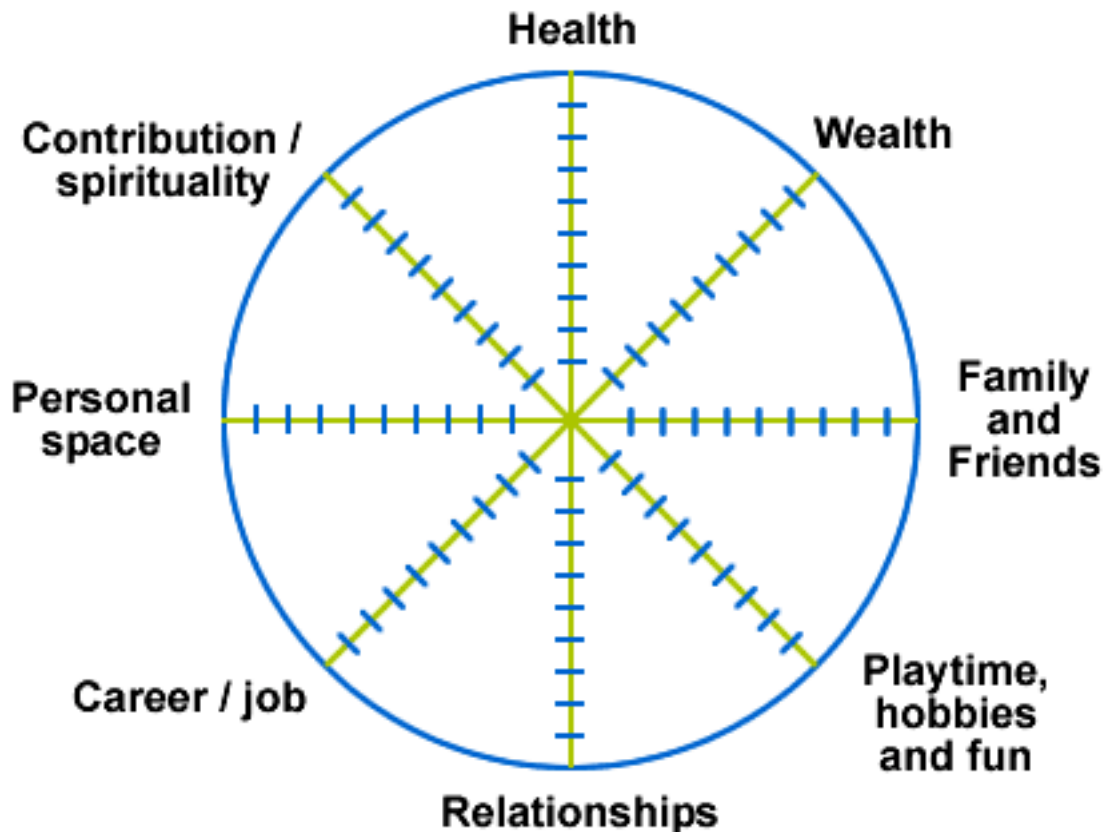


Wheel of Life

How balanced is your life at present?



Each segment of the wheel represents one area of your life. Consider each section - how satisfied are you with all these areas of your life? Are you putting as much time, energy and attention into these areas as you would like? The centre of the wheel is 0 and means you are totally dissatisfied; the outer edge is 10 and represents full satisfaction and achievement. Decide your degree of satisfaction from 0 to 10 and mark it on the relevant spoke. Now draw a line to join your degree marks together. How balanced is your life? Which areas make you happy, satisfied and fulfilled? Which areas need improvement?