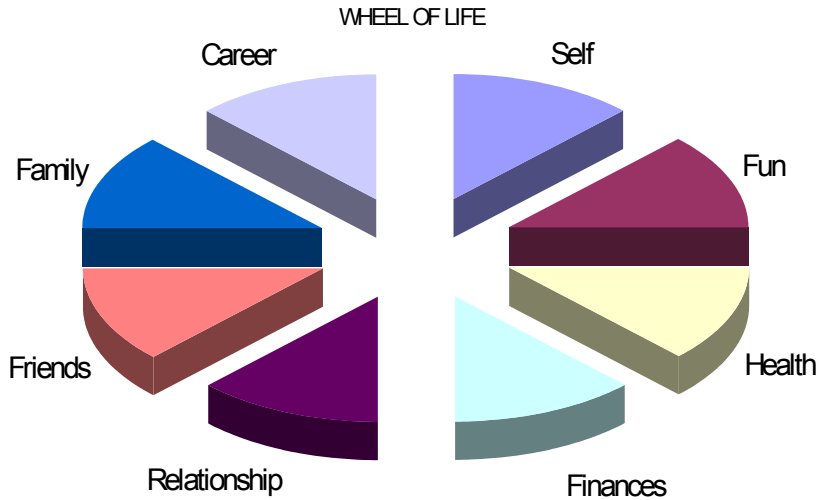


The Wheel of Life

Mark yourself on a scale of 1-10 for each section. An example may be that your career gives you good satisfaction and you score 7 or 8. If you are unhappy in your career, you may score 3 or 4. Do this for each section and it should reflect what area's in your life is out of balance?

An ideal balance will show an average scoring for each section.



- | | | |
|--------------------------|---------------------|-------|
| <input type="checkbox"/> | Career | _____ |
| <input type="checkbox"/> | Self | _____ |
| <input type="checkbox"/> | Fun | _____ |
| <input type="checkbox"/> | Health | _____ |
| <input type="checkbox"/> | Finances | _____ |
| <input type="checkbox"/> | Relationship | _____ |
| <input type="checkbox"/> | Friends | _____ |
| <input type="checkbox"/> | Family | _____ |

Notes