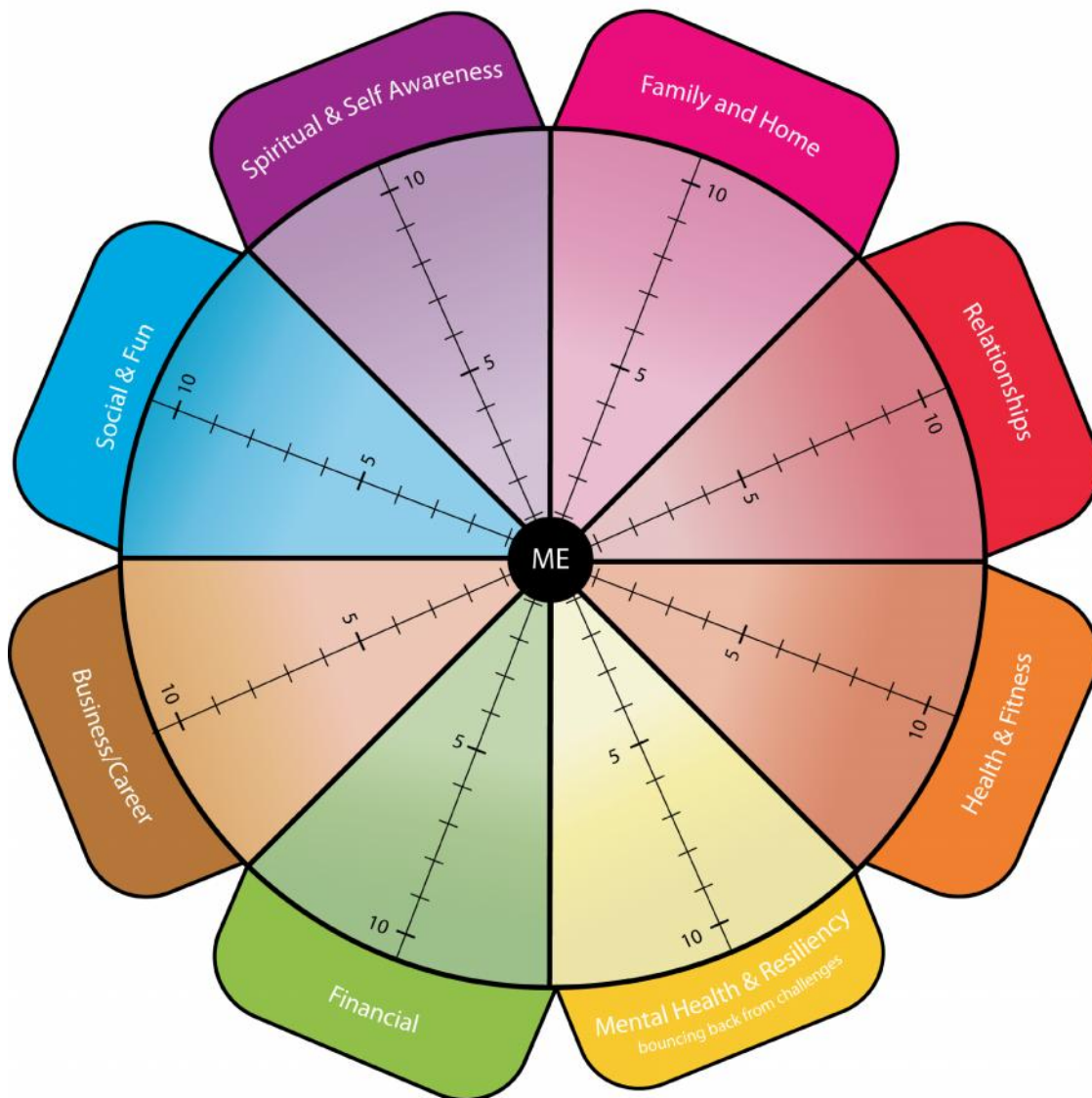


Wheel of Life



With the centre of the wheel rating at 0 or being totally dissatisfied, and the outer perimeter as a 10 equalling total fulfilment, what level of satisfaction do you have with each area of life?

As you look at your ratings you have ranked along each spoke, how bumpy is your ride? Does it look and feel balanced?

You can be so focused on one area of your life to the detriment of others. Does "all work, no play" sound familiar?

1. For the wheel, (your life), to turn smoothly, you require balance.
2. Use the life wheel to help you more clearly set priorities that bring more balance.
3. Consider what area(s) you need to do something differently in and ask yourself, "what would I need to do to take my current rating closer to a 10".
4. Finding balance is a continual process. I recommend you do a self-evaluation at the beginning of every month and then focus on the areas that are being neglected.