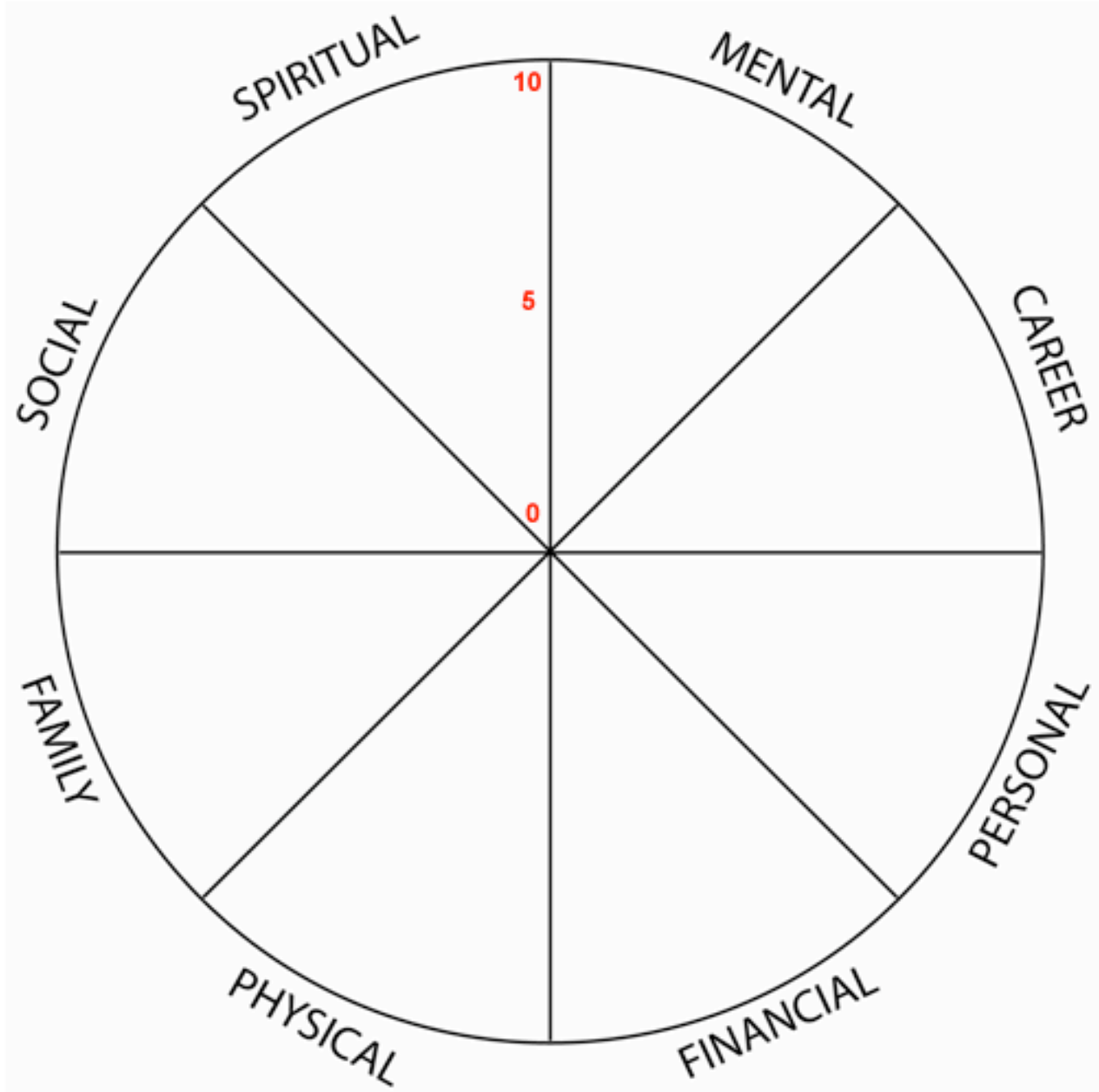


Exercise 1: Wheel of Life Assessment - Is Your Life In Balance?

Rank your level of satisfaction from 0-10 in each area of your life – with 10 representing complete happiness (at the top) and 0 being complete unhappiness (the center of the circle).

How is your wheel?



Interpreting the Wheel of Life

This section will help you reflect on your wheel of life and give the prospective and insights for achieving a more balanced life.

- Are there categories that need to be added or subtracted from your wheel? (go ahead and add or delete them)
- Is your wheel balanced?
- Which area(s) need(s) the most attention?
- Which area, if worked on, would elevate all the other areas?
- Do you have any questions?