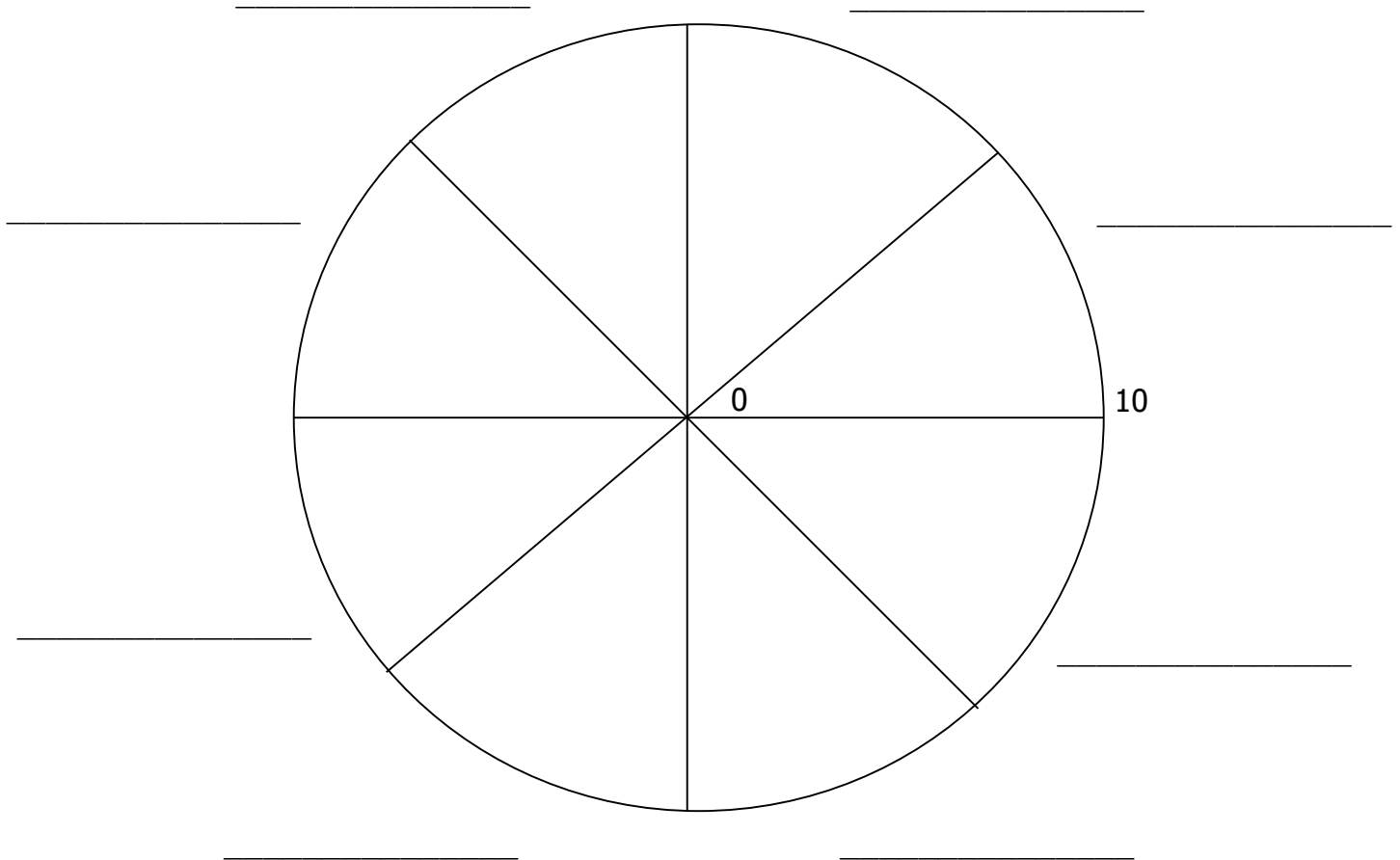


Wheel of Balance

NAME: _____

DATE: _____



WHEEL OF LIFE BALANCE INSTRUCTIONS

The 8 sections in the Wheel of Life represent: Career, Financial, Mental, Physical, Emotional, Family, Social and Spiritual.

- ✓ Please change, split or rename any category so that it's meaningful for you.
- ✓ Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction (or frustration etc.)** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- ✓ The new perimeter of the circle represents **your** 'Wheel of Personal Perspective'. Is it a bumpy ride? This can be a benchmark. You can re-evaluate and redraw your wheel anytime you choose as you move forward.

EXAMPLE

