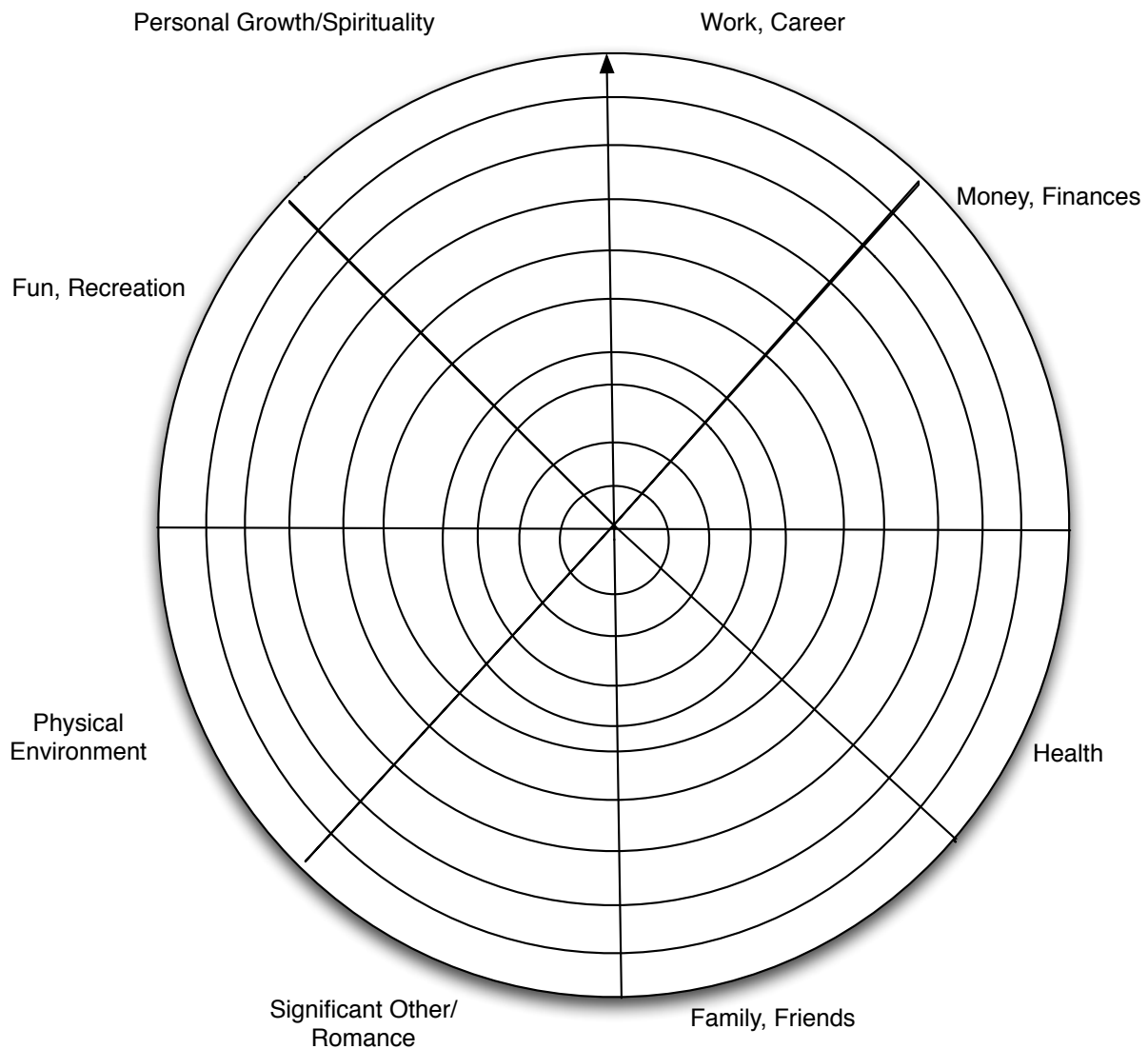


*Take care of yourself.
Then take care of everything else.*

How Balanced Is My Wheel of Life?

The eight sections of this Wheel of Life represent areas or aspects of your life. Imagine the center of the Wheel is 0 (very dissatisfied) and the outer ring is 10 (very satisfied). In each segment, mark a spot in the ring that shows your level of satisfaction with that area of your life. When you are done, draw a line around the wheel that connects all those marks. Then look at the questions below and write down some initial thoughts.

Name _____ Date _____





*Take care of yourself.
Then take care of everything else.*

Now that you are done, what do you notice?

- Would this wheel give a smooth or bumpy ride?
- Are all areas aligned with each other?
- Are your levels of satisfaction where you want them to be?
- Did anything surprise you?
- Is there any aspect of the wheel that you'd like to change?
- What other thoughts, ideas or questions do you have?