



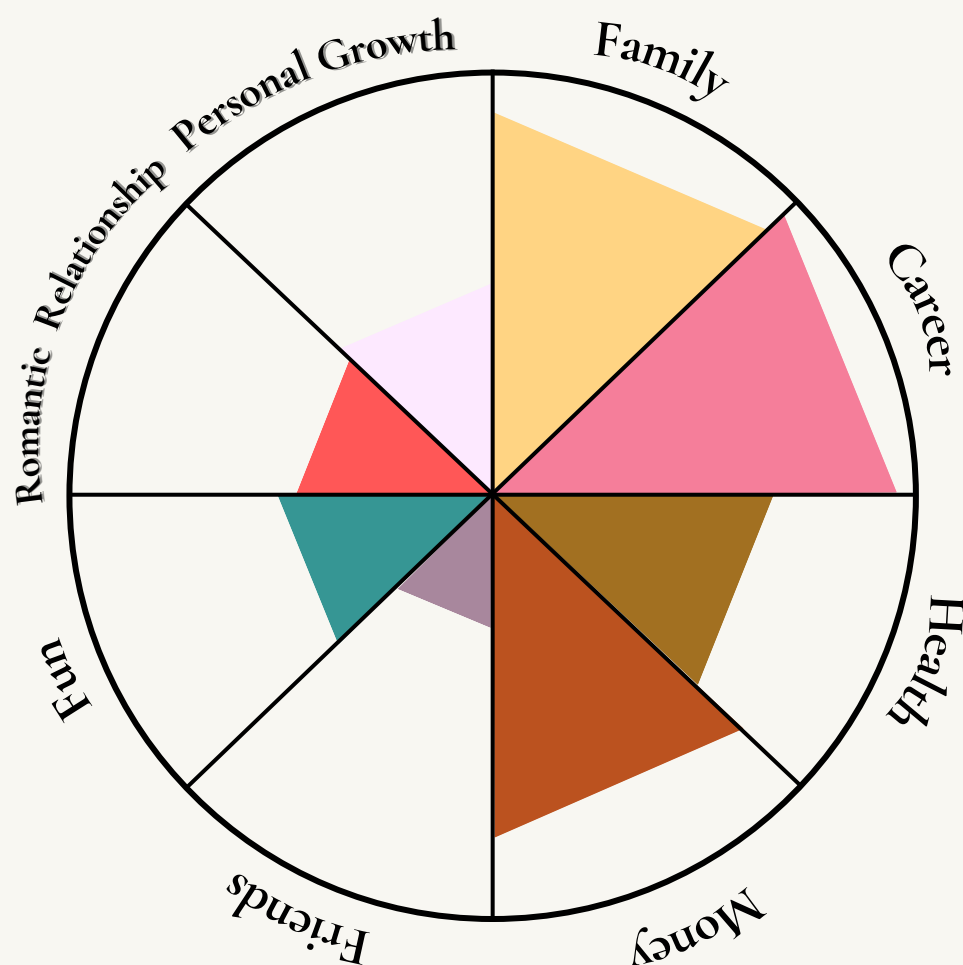
EAST WEST
Natural Health Care

WHEEL OF LIFE TEST

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Imagine your life as a wheel, and your work-life balance as the harmony of yin and yang.



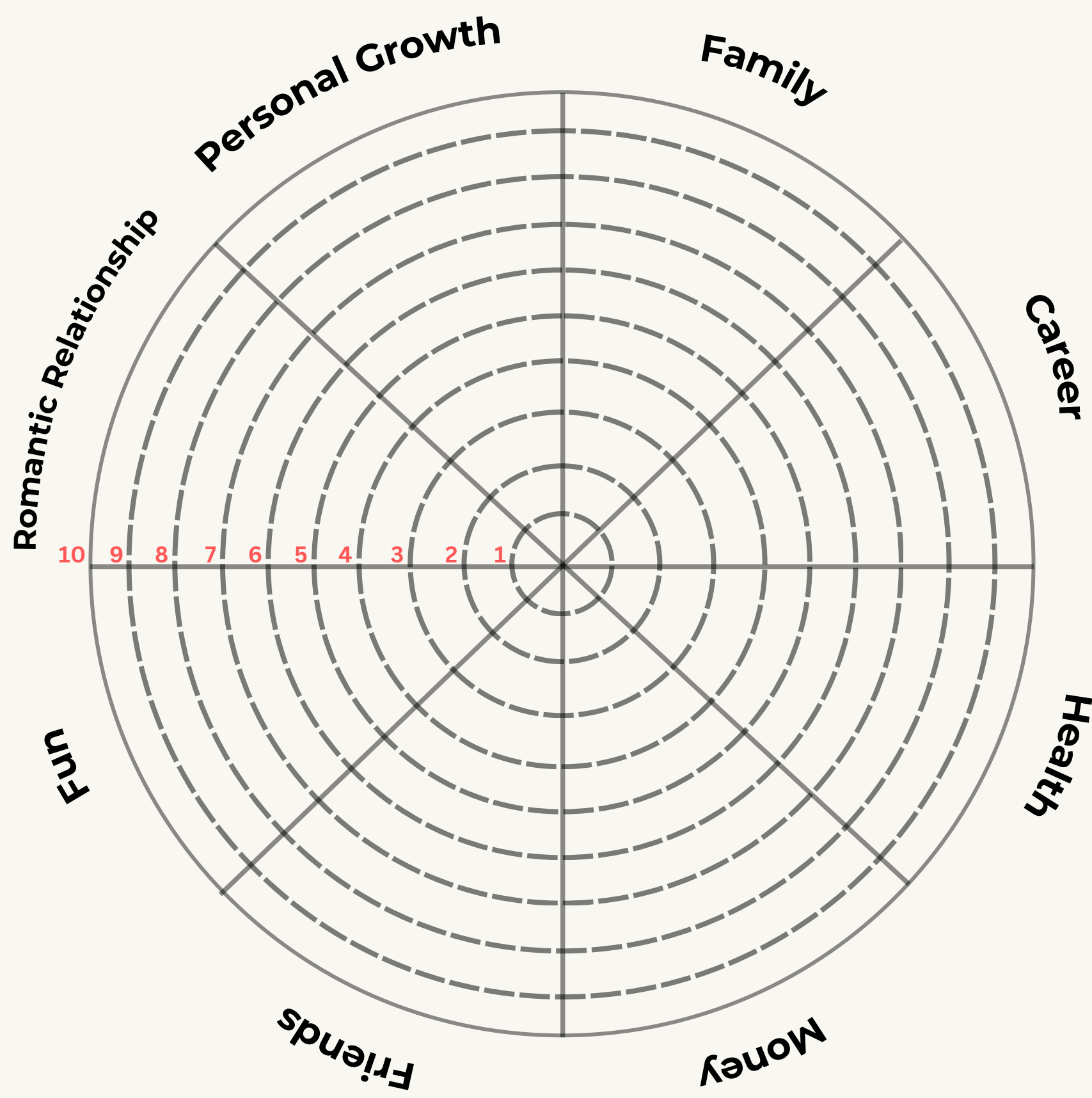
*You can design your life the way you want it to be, but you need to identify the imbalanced parts of your wheel.
The rounder your wheel, the smoother your life will roll.*

-- Dr. Kun Liu

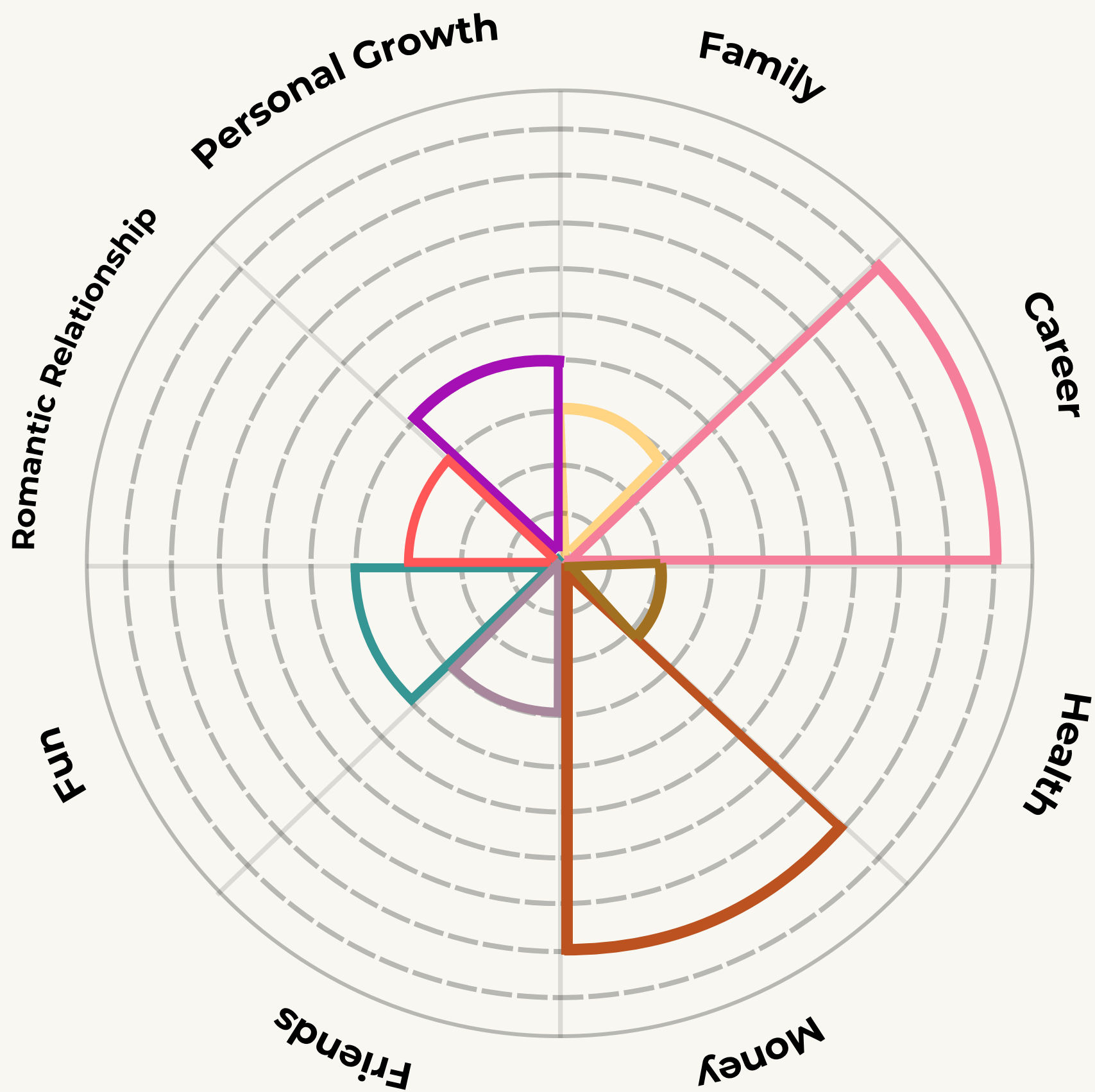
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Step 1 - Prepare Your Wheel

Use the provided wheel template above or draw your own version on a piece of paper.



Sample Wheel



Step 2 - Assess Your Life Balance

Look at each category on the wheel and ask yourself: "How satisfied am I in this area of my life?"

Rate your satisfaction on a scale of 1 to 10, where:

- 1 = Completely unsatisfied
- 10= Completely satisfied

Place a dot or draw a line on the scale for each category to reflect your rating. Once you've marked all categories, connect the dots to create your personalized Wheel of Life.

Take your time with this exercise—it's a chance to reflect on your life as a whole. Set aside 15 minutes in a quiet space, free from distractions.

Categories for Reflection:

- **Personal Growth:** Are you investing in your personal development? Are you exploring new experiences or learning new things?
- **Family:** How supportive are your family relationships? Are you spending quality time together?
- **Career:** Are you happy with where your career is heading? Does it align with your goals?

- **Health:** How satisfied are you with your physical and emotional well-being? Are you making time for self-care?
- **Money:** Do you feel financially stable and secure? Are you prepared for the future?
- **Friends:** Are your friendships fulfilling? Are you connecting with friends and socializing in a way that meets your satisfaction?
- **Romantic Relationship:** Are you satisfied with your relationship? Are you giving and receiving love?
- **Fun:** Are you enjoying life and creating moments of joy? Are you making time for fun activities?
- **You can create and add your own categories.**

Step 3 - Analyze Your Wheel

Look at your completed wheel. Is it balanced and smooth, or are there areas where the spokes dip lower? Reflect on the areas where you scored lower and think about what steps you can take to improve them.

Take your first step toward creating a life that rolls smoothly and harmoniously!