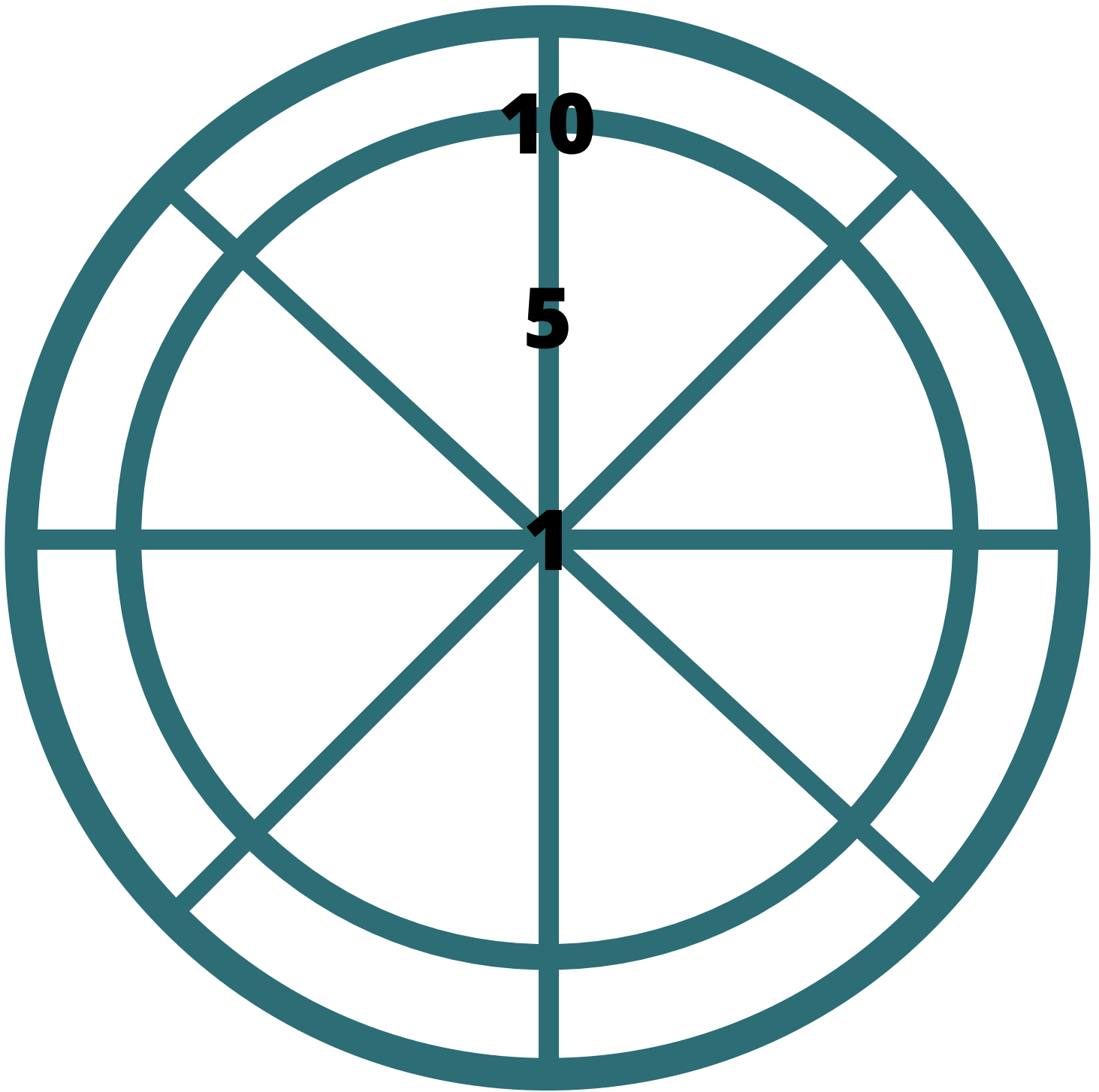


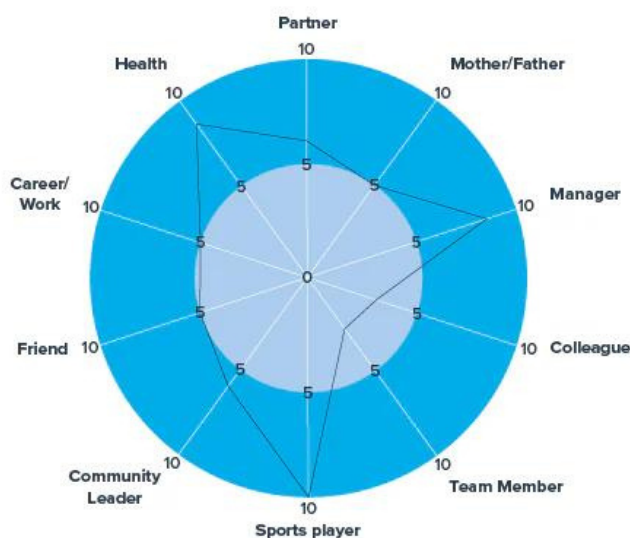
# *Wheel of Life*



Add 8 areas of your life that are important to you: school/career, social, spiritual, physical, emotional, mental, family, community, etc.

In each piece of the pie is an area of your life, rate from 1 - 10, 1 being not so great to 10 this is awesome, put a number on the line corresponding to the area of life.

Now join all the numbers together to see which areas are doing better than others.



This will give you an overview of how balanced your life is and what areas you still need to work on a bit more and the areas you are doing well in.

Balance is not always possible but it is a place to aim for.