

My Life Balance Wheel

How happy are you with your life in each of the areas below?

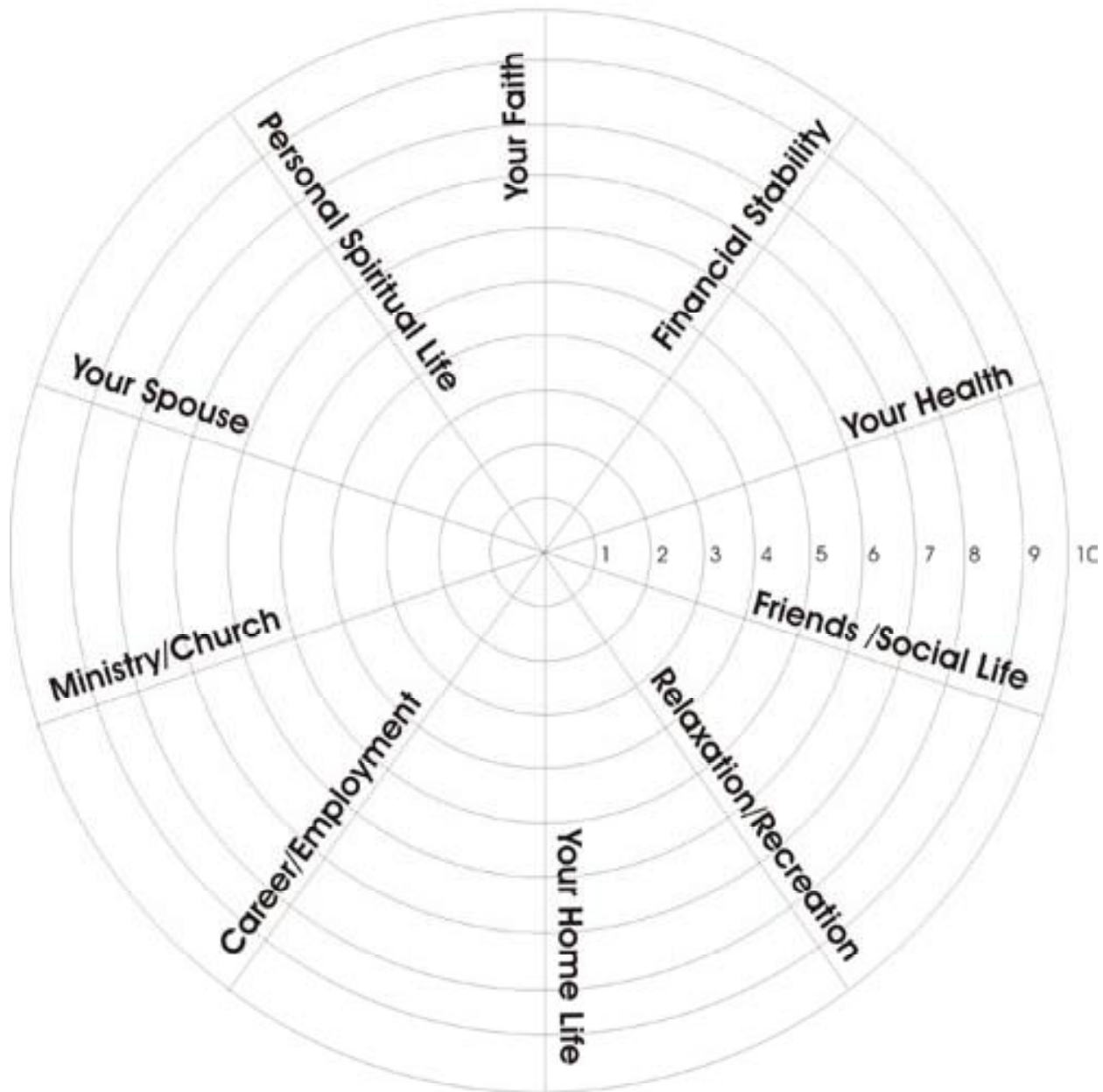
Put a dot from 1 to 10 at each intersection to show how satisfied you are in this area.

Answer 1 for least satisfied to 10 for most satisfied.

Now connect each dot with a continuous line and see how balanced your life is.

Can you see the areas you need to improve to have a balanced life?

You may want to keep this form and retake this test at a later date to see your progress.



Your Name _____ Date _____