



BALANCE WHEEL

Each section of the Balance Wheel below signifies an area of life. Imagine that the center of the wheel is a "zero" satisfaction level while the outer edge represents a "ten" satisfaction level. Rate your level of satisfaction with each area of your life by drawing a line to create a new outer edge. The more closely your lines resembles a circle, the more balanced your life may feel to you.



FURTHER REFLECTION



Once you've rated your level of satisfaction for each area, within each section, identify:

One problem, an ongoing pattern or situation that inhibits your sense of wellbeing.

One belief, an idea or conclusion you have about yourself, others and life in relation to some topic.

One experience, or a situation that challenges you.

One task or goal you would like to achieve.

PERSONAL GROWTH

Problem:

Belief:

Experience:

Goal:

MONEY & FINANCES

Problem:

Belief:

Experience:

Goal:

HEALTH & WELLBEING

Problem:

Belief:

Experience:

Goal:

HOME & ENVIRONMENT

Problem:

Belief:

Experience:

Goal:

FAMILY & FRIENDS

Problem:

Belief:

Experience:

Goal:

TIME & TIME MANAGEMENT

Problem:

Belief:

Experience:

Goal:

WORK & CAREER

Problem:

Belief:

Experience:

Goal:

FUN & RECREATION

Problem:

Belief:

Experience:

Goal:

SPIRITUALITY

Problem:

Belief:

Experience:

Goal: