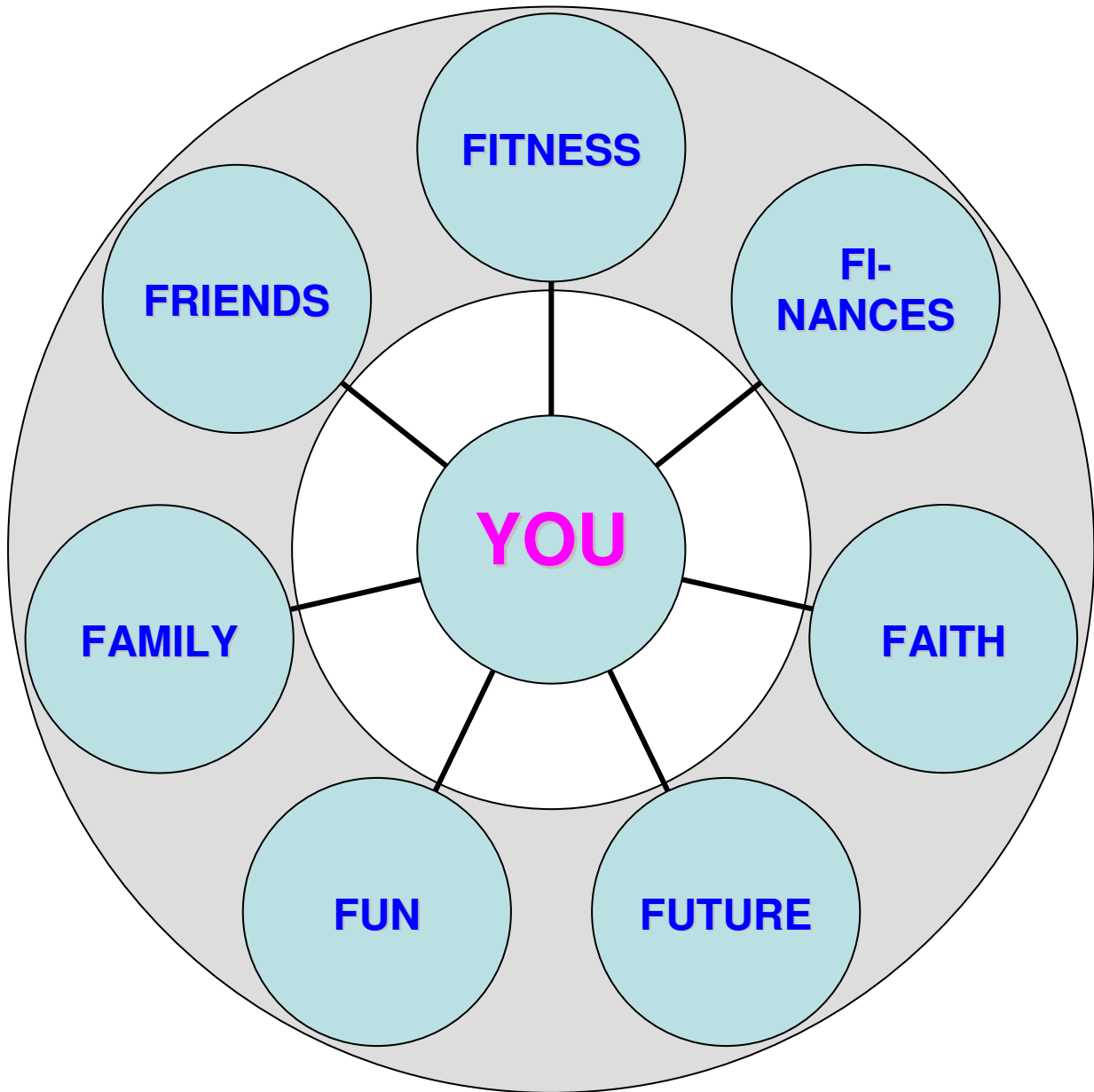


## The Wheel of Life



Where am I for each area of my Wheel of Life? To determine my current position and balance...

1. Circle a number in each row where 1 = very unsatisfied and 10 = totally satisfied.

<b>FITNESS</b>	1	2	3	4	5	6	7	8	9	10
<b>FINANCES</b>	1	2	3	4	5	6	7	8	9	10
<b>FAITH</b>	1	2	3	4	5	6	7	8	9	10
<b>FUTURE</b>	1	2	3	4	5	6	7	8	9	10
<b>FUN</b>	1	2	3	4	5	6	7	8	9	10
<b>FAMILY</b>	1	2	3	4	5	6	7	8	9	10
<b>FRIENDS</b>	1	2	3	4	5	6	7	8	9	10

2. Identify areas that need a higher priority in order to level the scores and balance your wheel. The more vertical and straighter the line connecting your numbers and higher the score, the more balanced, and greater your sense of fulfilment, your joy and love of life.
3. Make a written list of proposed action steps for each area that requires a higher priority.
4. Starting NOW, transpose these action steps into diary appointments and take ACTION.