

LIFE BALANCE THE WHEEL OF LIFE

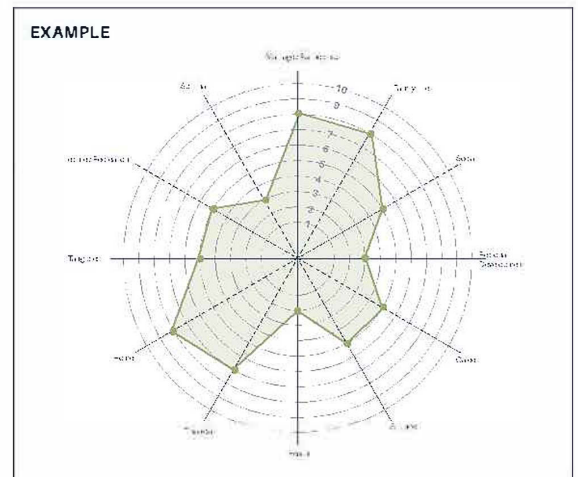
Consider the following list and think about how much of your time, energy and priorities apply to each.

LIFE BALANCE

SCORE (1-10)

Give them a score out of 10
(with 1 being not at all and 10 being a lot).

- Marriage / Partnership _____
- Family Life _____
- Social _____
- Personal Development _____
- Career _____
- Attitude _____
- Health _____
- Financial _____
- Home _____
- Tangibles _____
- Leisure / Recreation _____
- Spiritual _____



DOES YOUR WHEEL OF LIFE ROLL SMOOTHLY?

Plot your scores on the wheel and join up to visualise your life balance.

