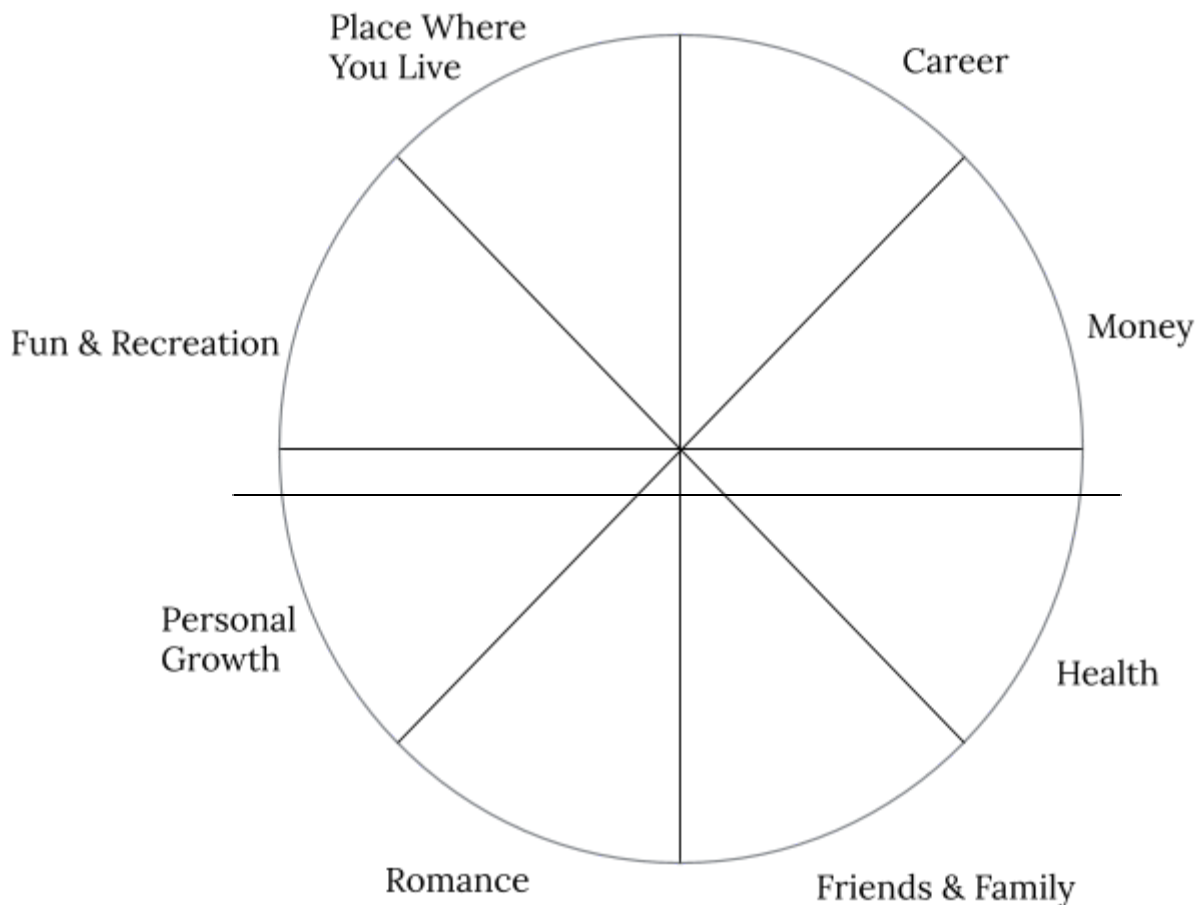


## Life Balance Wheel

The Purpose of this exercise is to help you determine how satisfied you are with the different areas of your life so you can decide where you want to make changes. Rank your level of satisfaction with each life area by shading in the percentage of the area that represents your level of satisfaction and giving it a number. One would be low, ten would be high.



For each of these areas, ask yourself, “How satisfied am **I** in this area of my life **right now**?” Notice two distinctions in the questions. “How satisfied am **I**...” This is a subjective assessment. It is not about how your family, friends or colleagues see you. It is not about success. It is about personal satisfaction. Also notice “**right now**.” This wheel is a snapshot of this moment in time. Scores will change weekly, daily and even hourly as circumstances change. Don’t look for the desired truth. Just check in with how you feel at this moment. Feel free to rename any section to something with more relevance in your life.