

Wheel of Life

*Having a sense of balance is important.
Take the time to assess how balanced
your life is right now.*

Using a Rating Scale of 1–10, where
1 is the lowest and 10 is the highest,
please rate each area of your life for
each of the following questions:

- ① **How SATISFIED are you?**
- ② **How much ENERGY are you putting in?**

Place a separate number in each area
for each of the questions, using the
example above, then connect the
colours in all areas for a snapshot of
how balanced your life is right now.

*So, how balanced is your life?
What do you need to change?
Who can support you?*

