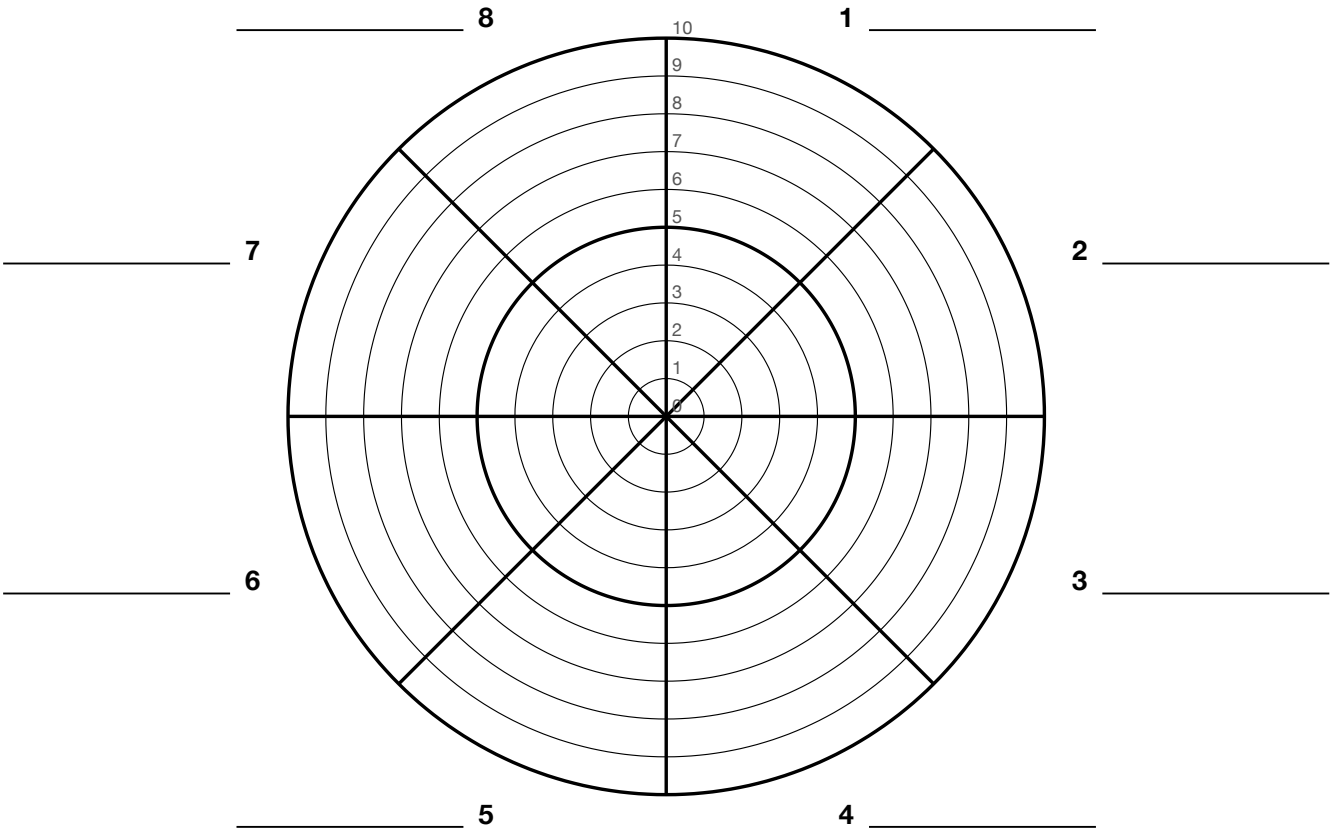
Life balance wheel

Date _____

Score each area from 0 to 10 as it has been over the last month and shade the segment up to that mark. Use a second pen for where you want to be.



	Area	Score	Want	Why not one point higher?
1				
2				
3				
4				
5				
6				
7				
8				

Starter areas (an example, not a rule): health · work and career · money · family and partner · friends and community · personal growth · fun and hobbies · home and surroundings