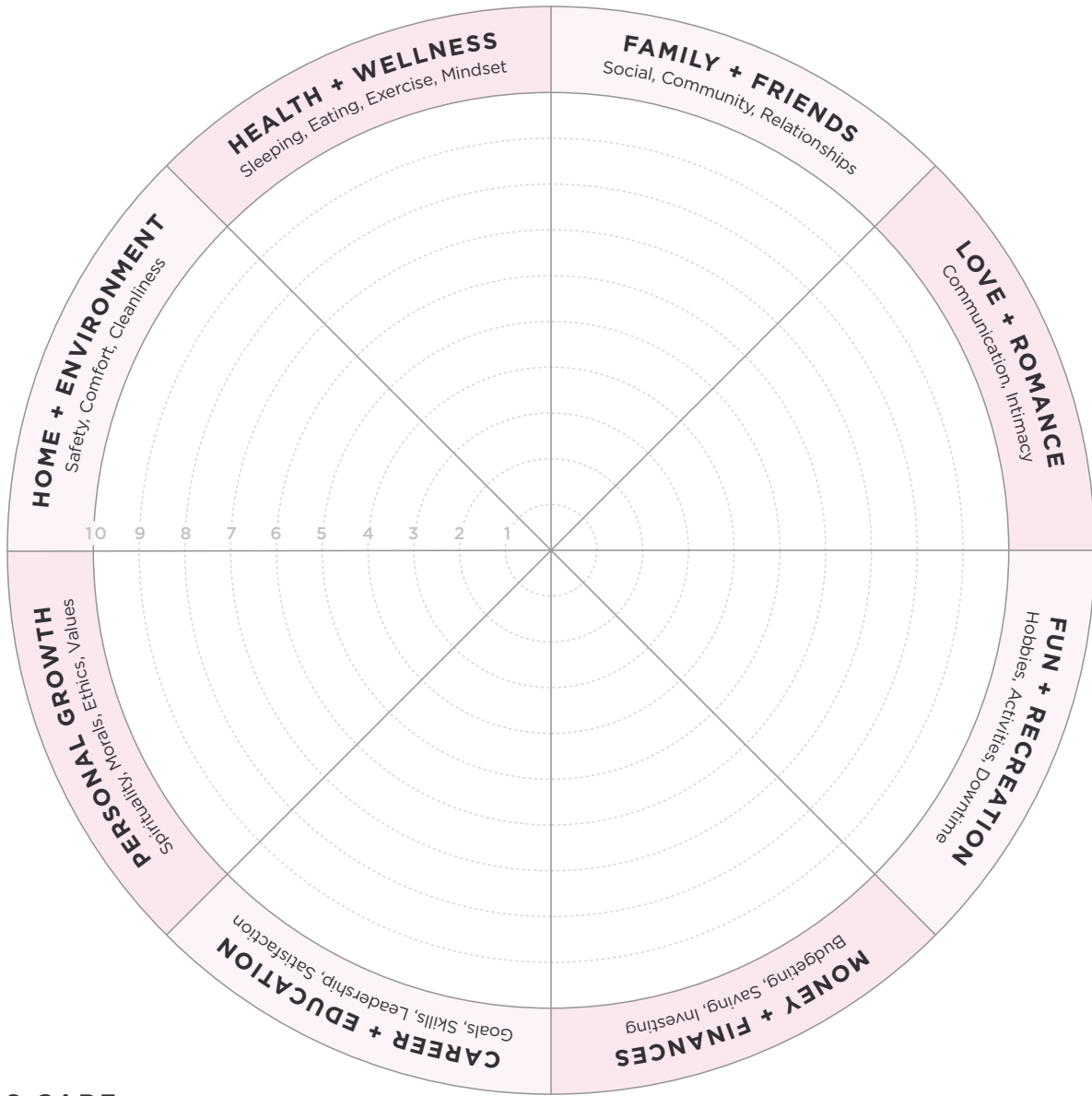


LIFE BALANCE WHEEL

1. Fill in the segment for each category of your life from 1 (very dissatisfied) to 10 (fully satisfied).
2. Mark the areas that you feel need more attention based on your level of satisfaction.
3. Make a short list of actions you can take in order to improve in those areas.



NEEDS CARE

- | | | | |
|---------------------|--------------------|----------------------|----------------------|
| ♡ Health + Wellness | ♡ Love + Romance | ♡ Money + Finances | ♡ Personal Growth |
| ♡ Family + Friends | ♡ Fun + Recreation | ♡ Career + Education | ♡ Home + Environment |

ACTION PLAN

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |