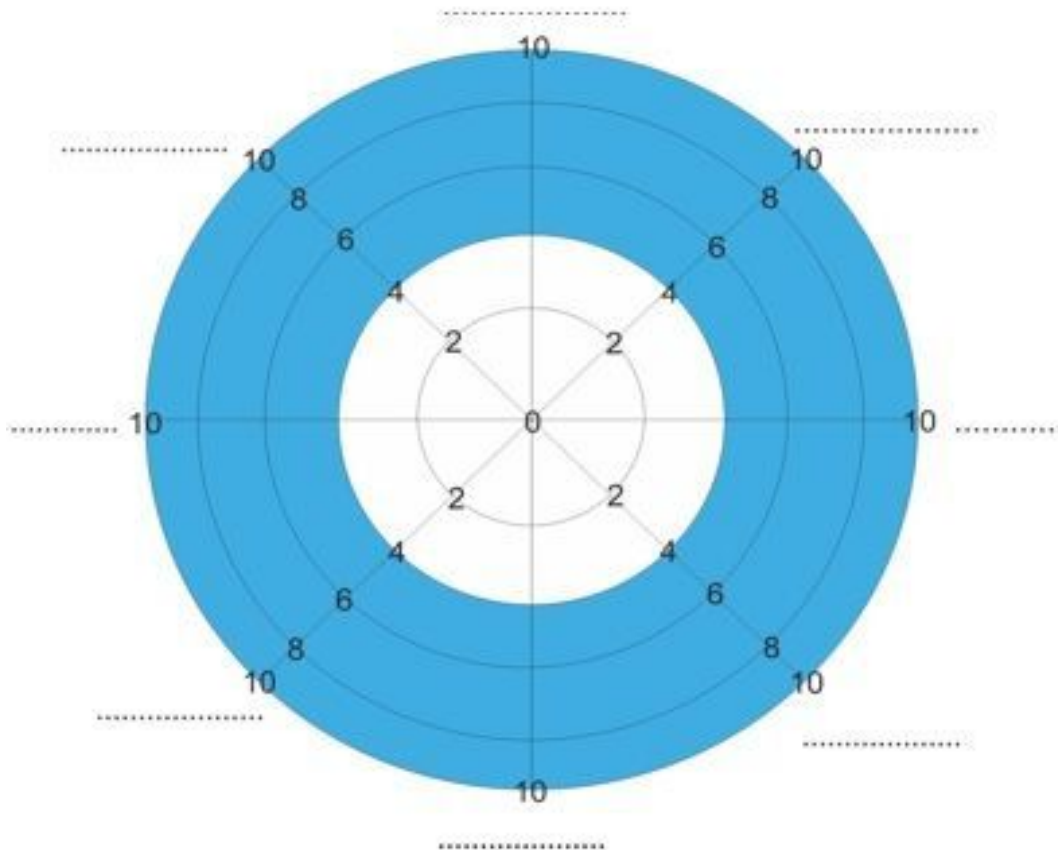


LIFE BALANCE WHEEL



1. Rate each area of your life on the scale from 1 to 10, with 1 being least happy and 10 being very happy.
2. Connect the dots to see how balanced or imbalanced your “wheel of life” is.
3. What 1 area has the lowest number (meaning you feel least happy/most stressed)? _____.
4. List a few ideas as to how to balance your wheel by being happier in that area:
