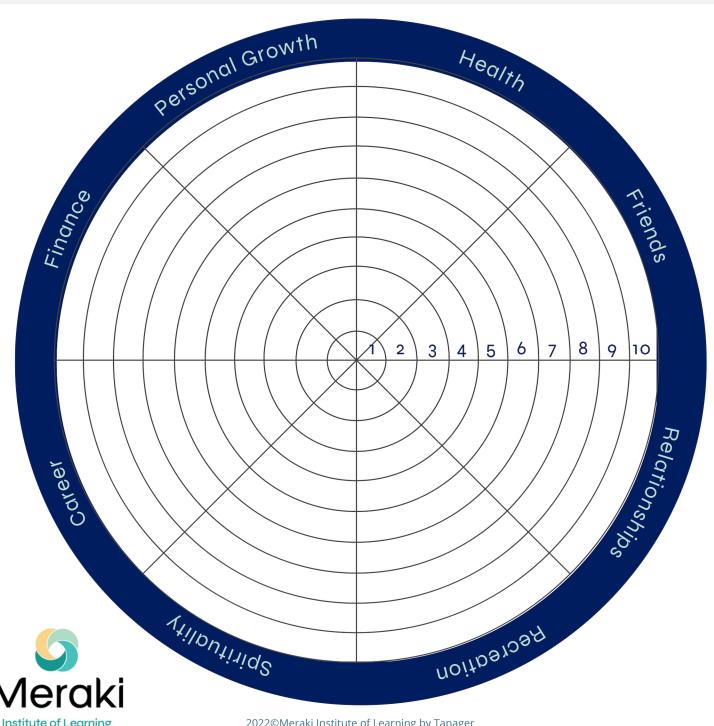
## BALANCE WHEEL OF LIFE

The Balance wheel of life is a great tool to help you reflect on overall life satisfaction in the given moment. Using the categories below, or categories specifically relevant to you, rate each area on a scale of 1-10 with 10 being greatest for each of the three reflection questions.

Draw a colored dot on the line that represents your ratings (use a separate color for each question). Then connect all the dots of one color.

- 1. How much energy do you spend weekly in this area?
- 2. How important to you personally is this area of life?
- 3. How satisfied are you with this area of your life in the current moment?
- 1. Are there any areas of life with great differences between the 3 ratings?
- 2. Are there areas which you can see value spending more energy? are there places you want to spend less energy?



BYTANAGER