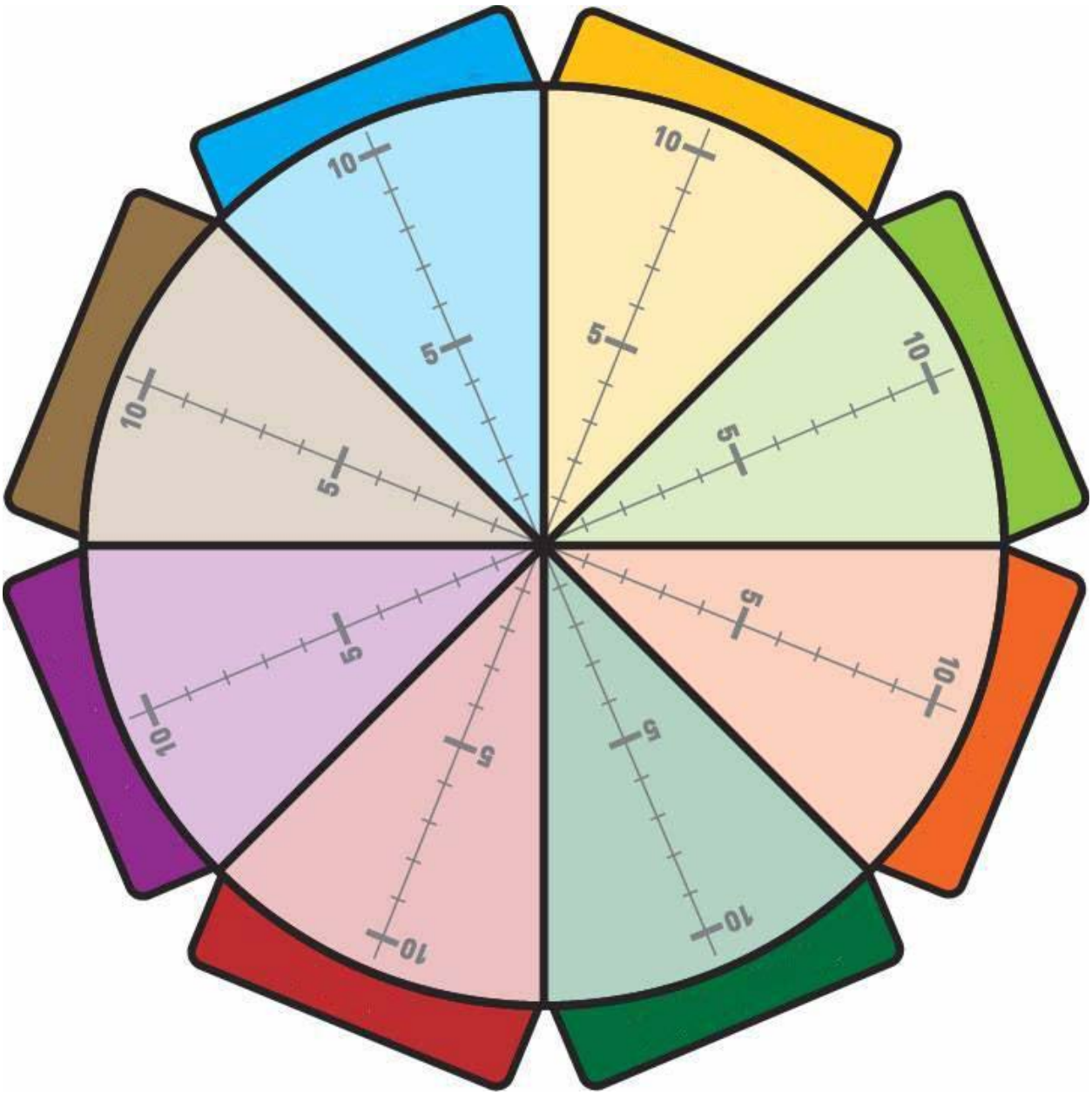
Life Balance Wheel



Place each aspect of your life in the space in each segment. Some suggestions follow. Modify these to represent those that are meaningful to you.

- Self Care
- Work
- Intimate Partner/Family
- Friends/Social Life
- Financial Aspects
- Health & Wellness/Body Image
- Spiritual Aspects
- Community/Service

Now rate your satisfaction with each aspect, using a scale from zero to ten, with ten being very satisfied and zero being completely unsatisfied. Place a mark indicating your choice in each segment of the circle, with zero at the center and ten at the rim. Connect the marks around the circle to see how balanced your wheel is.