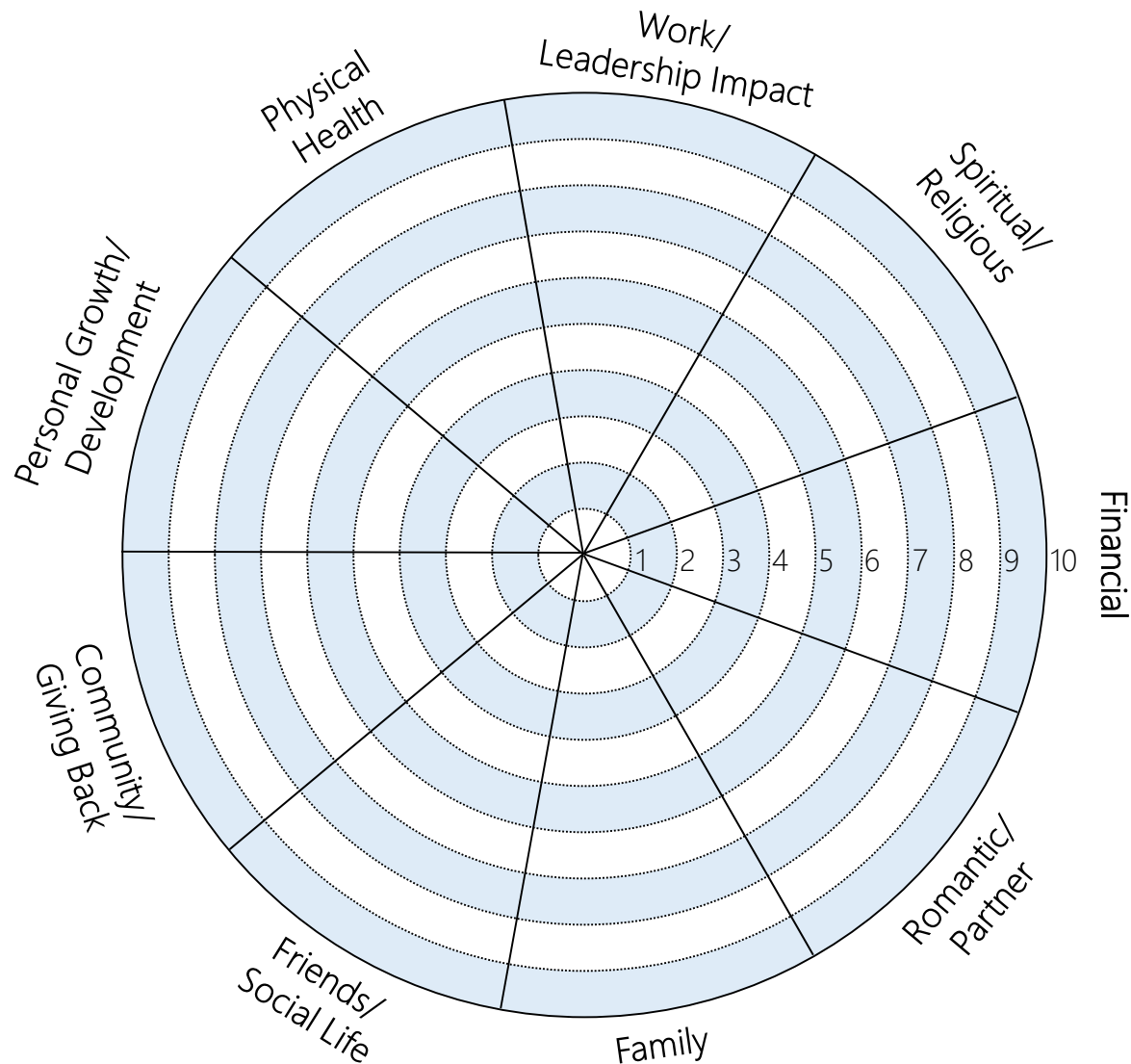


Balance Wheel Assessment



Evaluate your current sense of well-being in the various areas of your life on a scale from 1 (not at all where I want it to be) to 10 (exactly where I want it to be). The greater your current sense of well-being is in a given area, the closer the marking should be towards the outside of the circle.

If it helps you visualize your results, shade in the areas up to markings (from the center of the circle, outward) so you have a solid figure at the end that represents your overall sense of well-being.

The goal is to have the levels of well-being you desire in each area and the "blend" you desire in total, over time.