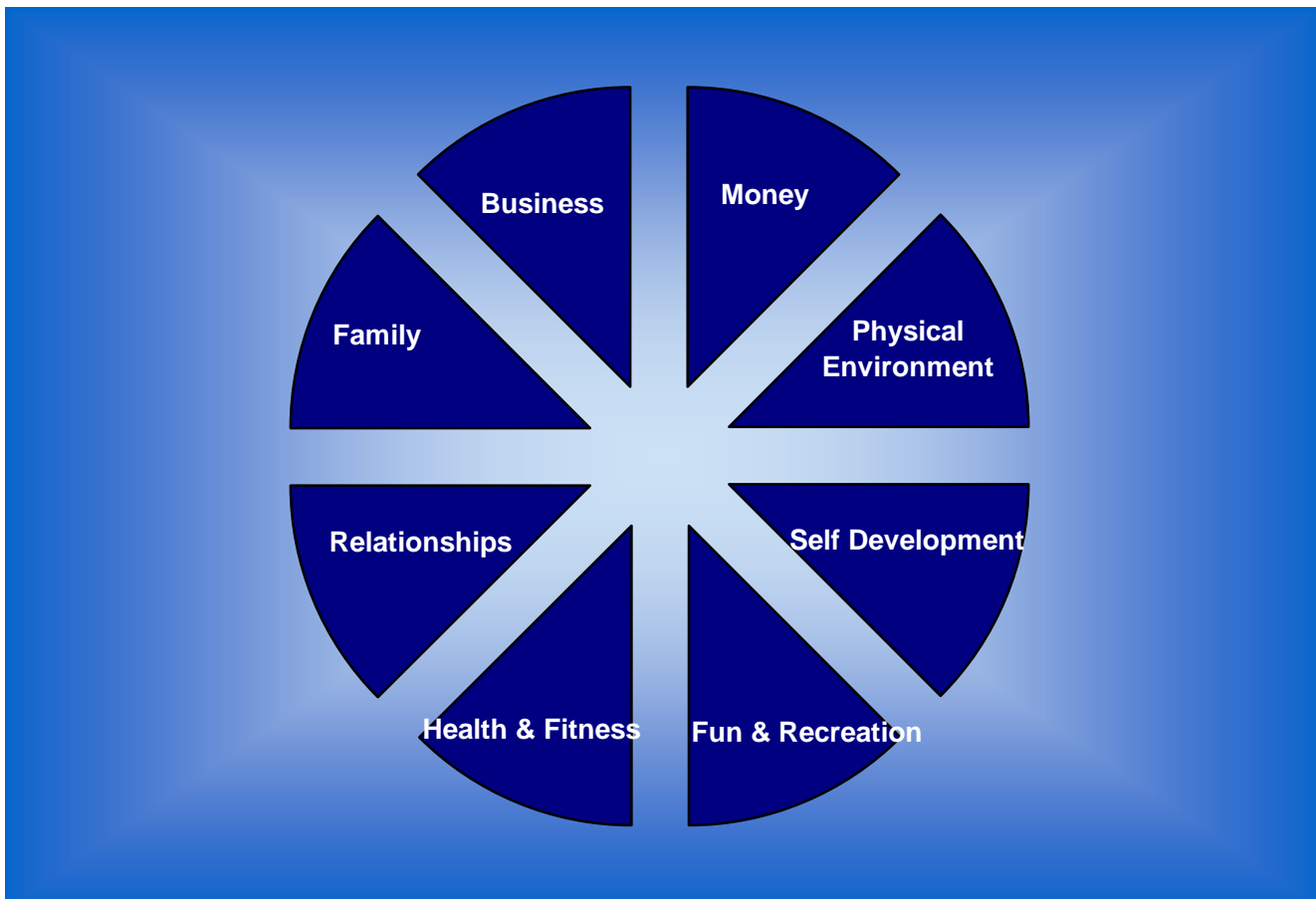




## Life Balance Wheel



For your life to be in balance, all 8 areas need to be worked on so that they rate evenly. If you have one area that is not operating as well as the others, it will eventually have an impact on other areas.

The ideal target is to have all areas working effectively at the same level.

### **Take the Challenge:**

Rate each area between 1 and 10.

- 1 being extremely unhappy with this area.
- 10 being totally happy with no improvements necessary.

Once you have rated it, start to work on the areas that rate the lowest.