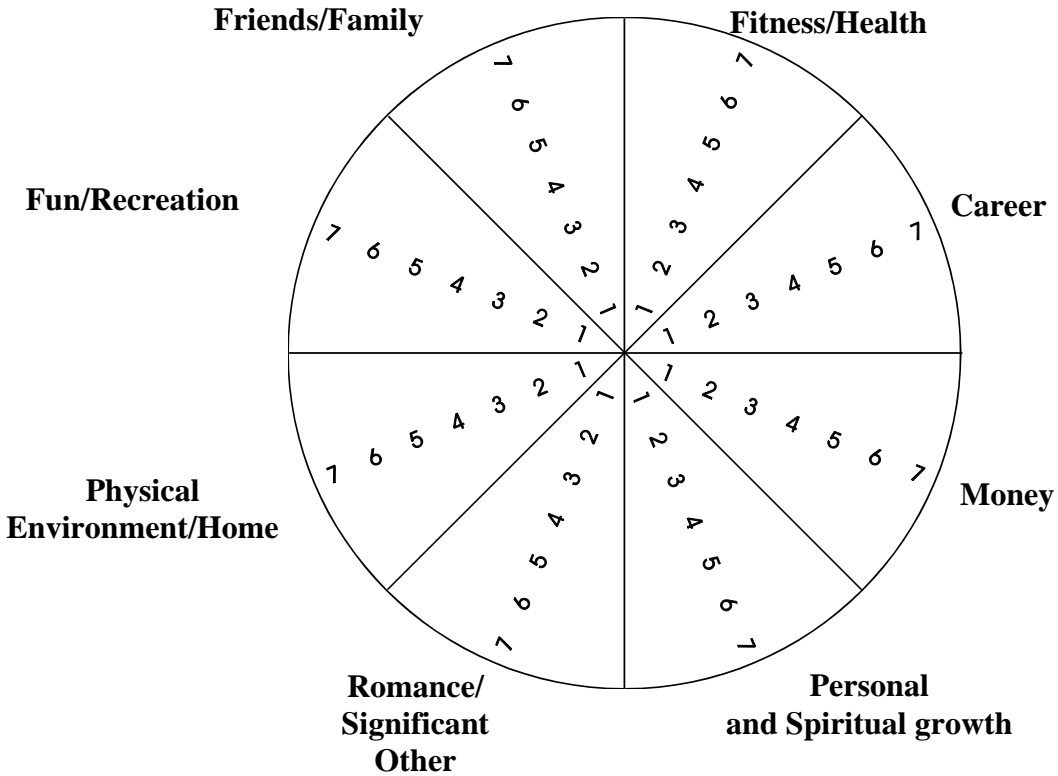




## Personal Balance Wheel

Within each of the following eight areas, circle the number that best represents your level of satisfaction in that area of your life (7 = Completely satisfied; 1 = Completely dissatisfied):



Now, connect the dots. The rounder the wheel, the more balanced your life. Imagine how your car would travel if the wheels were in this shape!