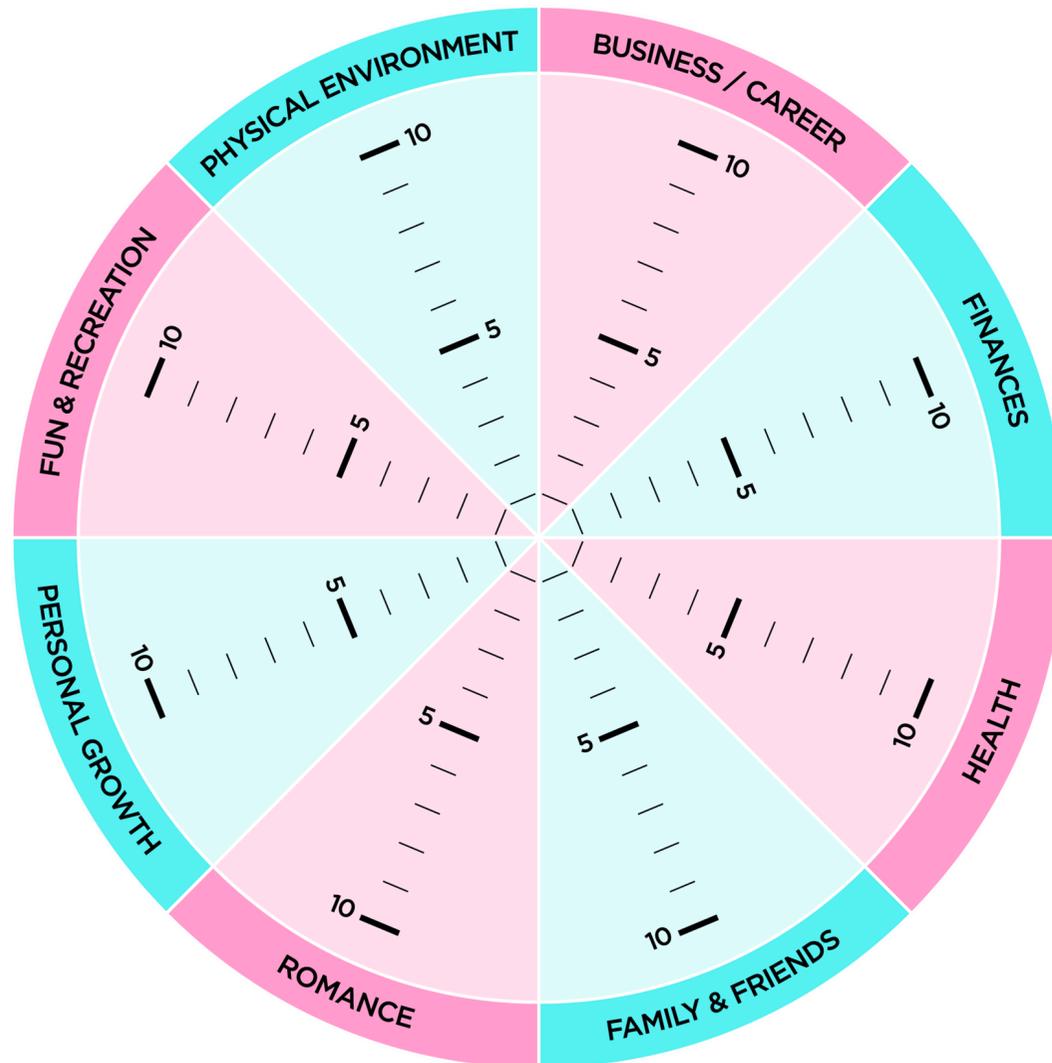


# My Wheel Of Life

## How balanced is your life?

There are 8 sections in the Wheel of Life that represent different aspects of your life.

1. **Rate** how satisfied you are with each section, with 1 = least satisfied and 10 = most satisfied.
2. **Draw a line** to connect the dots between each rating. The new perimeter represents your Wheel of Life.
3. Have a look at your wheel, if this were a real wheel, how balanced or bumpy is your life?
4. What are the three areas in your control you'd like to **focus** on improving this year?



Top 3 **AREAS**  
TO FOCUS ON IN THE  
NEXT 12 MONTHS



1

2

3

“  
And in the end, it's  
not the years in your life  
that count, it's the  
**LIFE IN YOUR  
YEARS.**”