

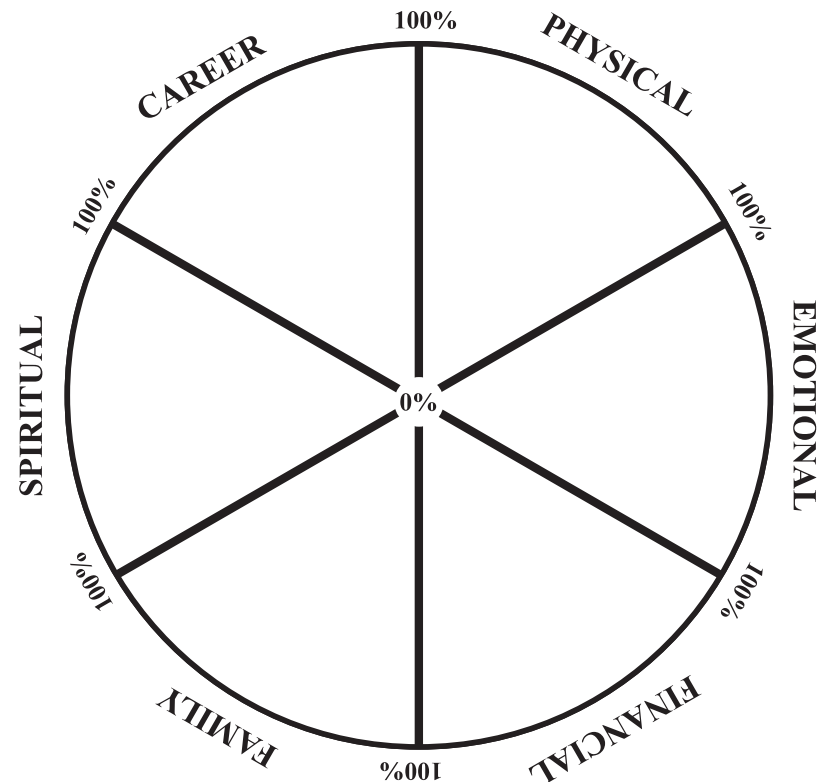
The Wheel of Life

Let's look at the six major aspects of your life.

- **Ask yourself how satisfied you are with each aspect of the wheel... from 0-100%**
- Place a dot at the point corresponding to your chosen percentage *on each of the two spokes* that support the part of the wheel you're rating.
- Connect these two dots to form an arc from one spoke to the other.
- Repeat for each aspect until the six arcs combine to form a single shape

How well rounded and balanced is it?
How smoothly and effortlessly would it roll?

To achieve more balance in your life, which aspects need more of your time and attention?



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