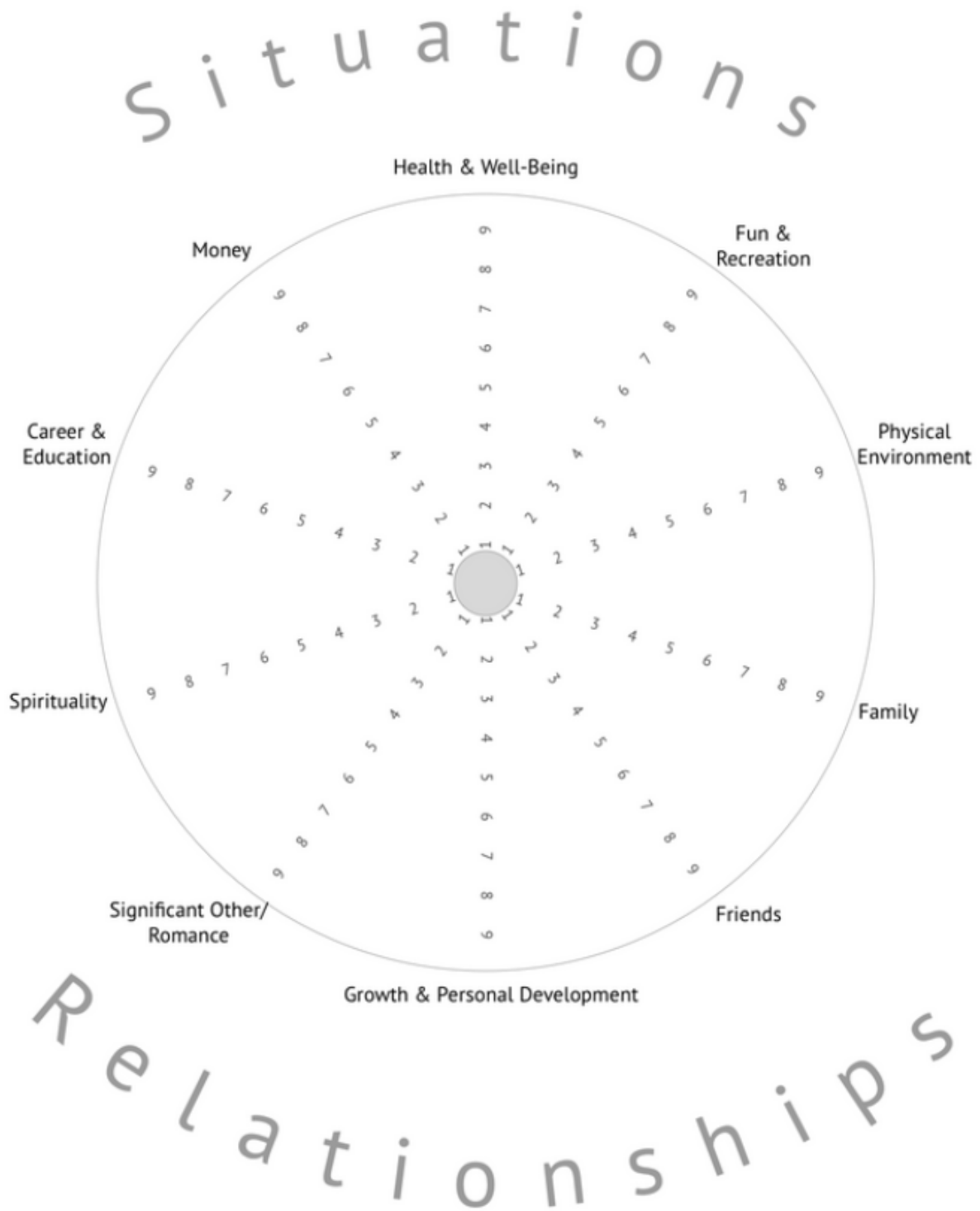


## Wheel of Life

A tool that helps you better understand what you can do to make your life more balanced. Think about the 10 life categories below and rate them from 1 - 10. 1 being the least and 10 being the most.



How balanced is your life? What areas could improve?  
How can you fill these areas up and expand?