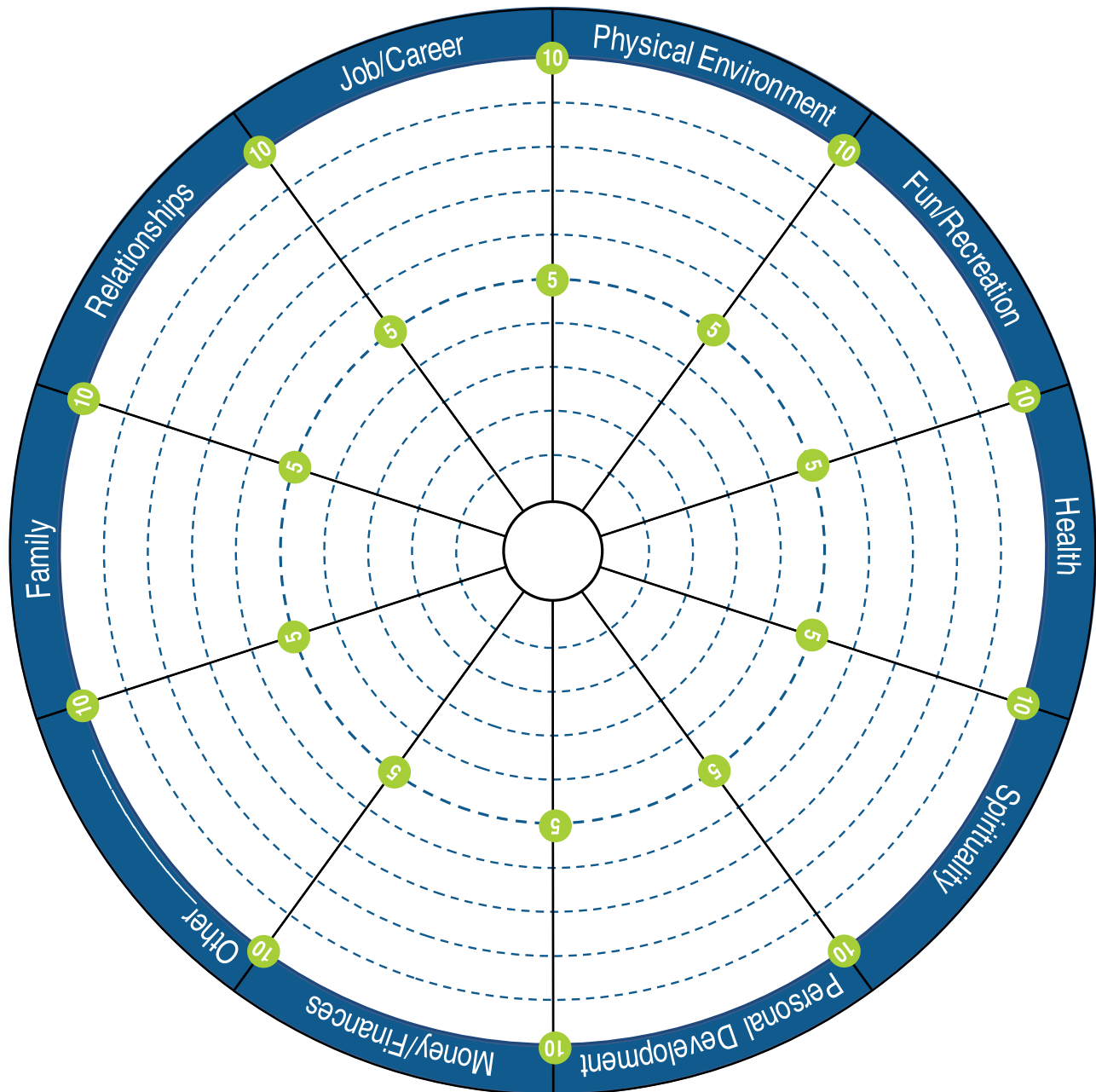


Life Balance Wheel

In each pie wedge, draw an [X] that represents your current *level of satisfaction* in that area of your life 10 (outside edge) = very satisfied, 1 (center of wheel) = extremely dissatisfied. You may interpret each title any way that has meaning for you. If there are headings on the wheel that are not relevant to you and/or an important area is missing, feel free to exchange them. It's your life!



Setting Targets

In each box, list the results/outcomes you would like to achieve in each of the areas you identified to be lower in satisfaction than you'd like. If you could achieve a greater level of satisfaction, what specifically would you do?

Family	Relationships
Fun/Recreation	Physical Environment
Spirituality	Health
Money/Finances	Job/Career
Personal Development	Other