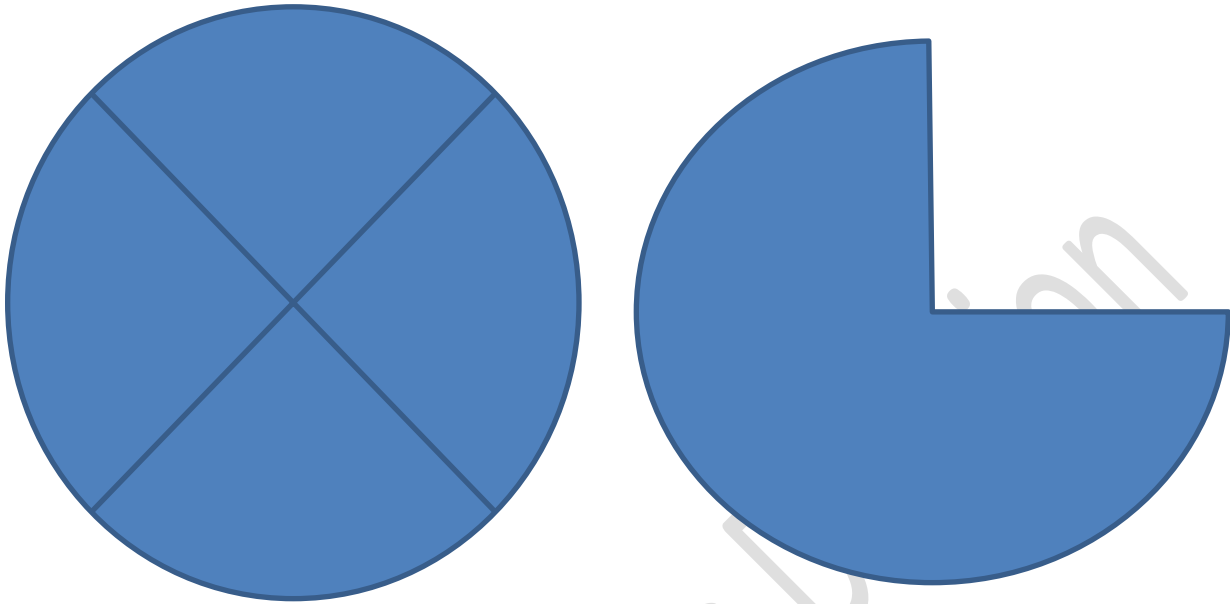


WHEEL OF LIFE BALANCE



Draw a circle, and cut it like a pizza with each slice representing the important components* of your life. Beginning at the center and working outward, color in the amount of time you a lot to these specific areas of your life. When you have finished the assignment, is the pie round? If it is a wheel, will it smoothly turn?

What percentage of your time is spent in each of these activities?

*Some ideas for your life-slices (components):

Health
Relationships
Education
Spirituality
Wealth
Introspection
Creativity
Recreation
Charity
Chores
Miscellaneous

How balanced is your wheel of life? Does it spin smoothly or do you need to make some adjustments in any of the areas? Are you missing entire chunks as in this above example? Where can you improve the balance in your life circle?