

the life-balance wheel

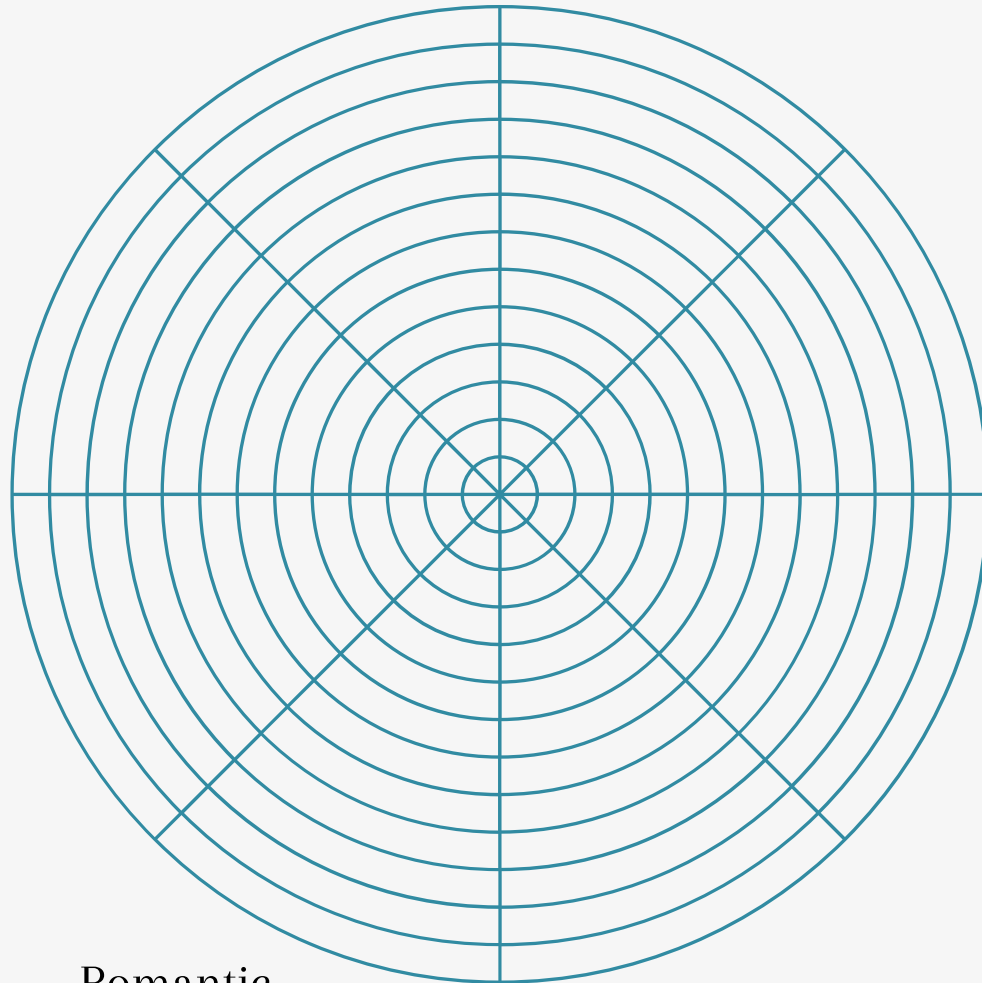
Date: _____

Family/Friends

Spirituality

Career

Health



Environment/
Community

Fun/leisure

Romantic
relationships

Money/finanicals

The Life-Balance Wheel represents important aspects of a balanced/fulfilled life. Rate your level of satisfaction with each area of life by coloring in the percentage of the wedge that represents that part of life. This is a current look of some of the major aspects. However, this is used as a reflection tool not a critique.