



## HOW BALANCED ARE YOU?

*Directions: The eight sections in the Wheel of Life represent Balance. Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?*

