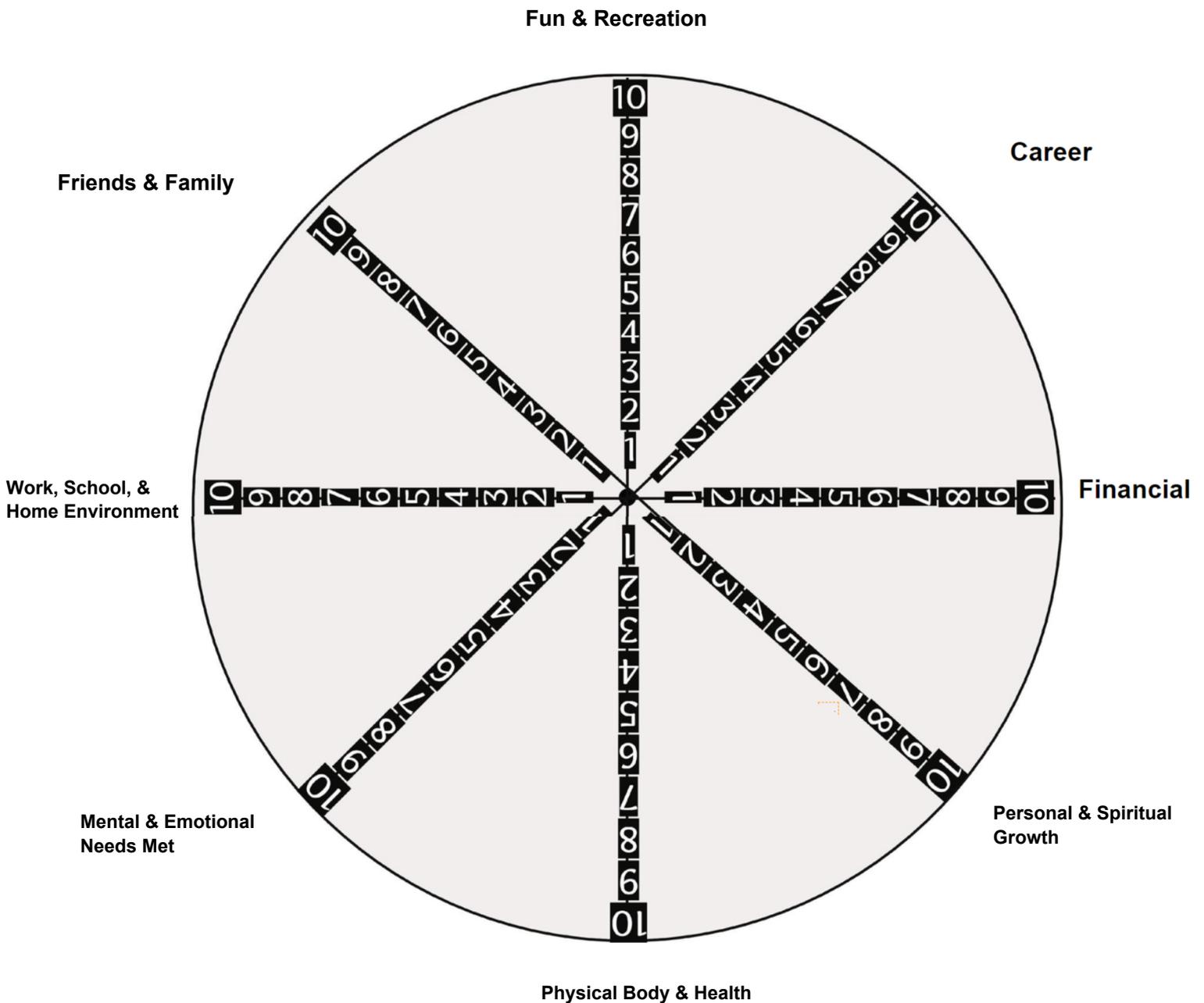


# The Life Balance Components



The eight sections in the Wheel of Life represent balance. Regarding the center of the wheel as 0 and where you are not meeting these needs and the outer edge as 10 where your needs are being met, rank your level of satisfaction with each life area by placing an 'X' in the appropriate area. Now draw a link to connect the dots and to create a new outer edge. How bumpy would the right be if this were a real wheel?

Name \_\_\_\_\_ Date \_\_\_\_\_