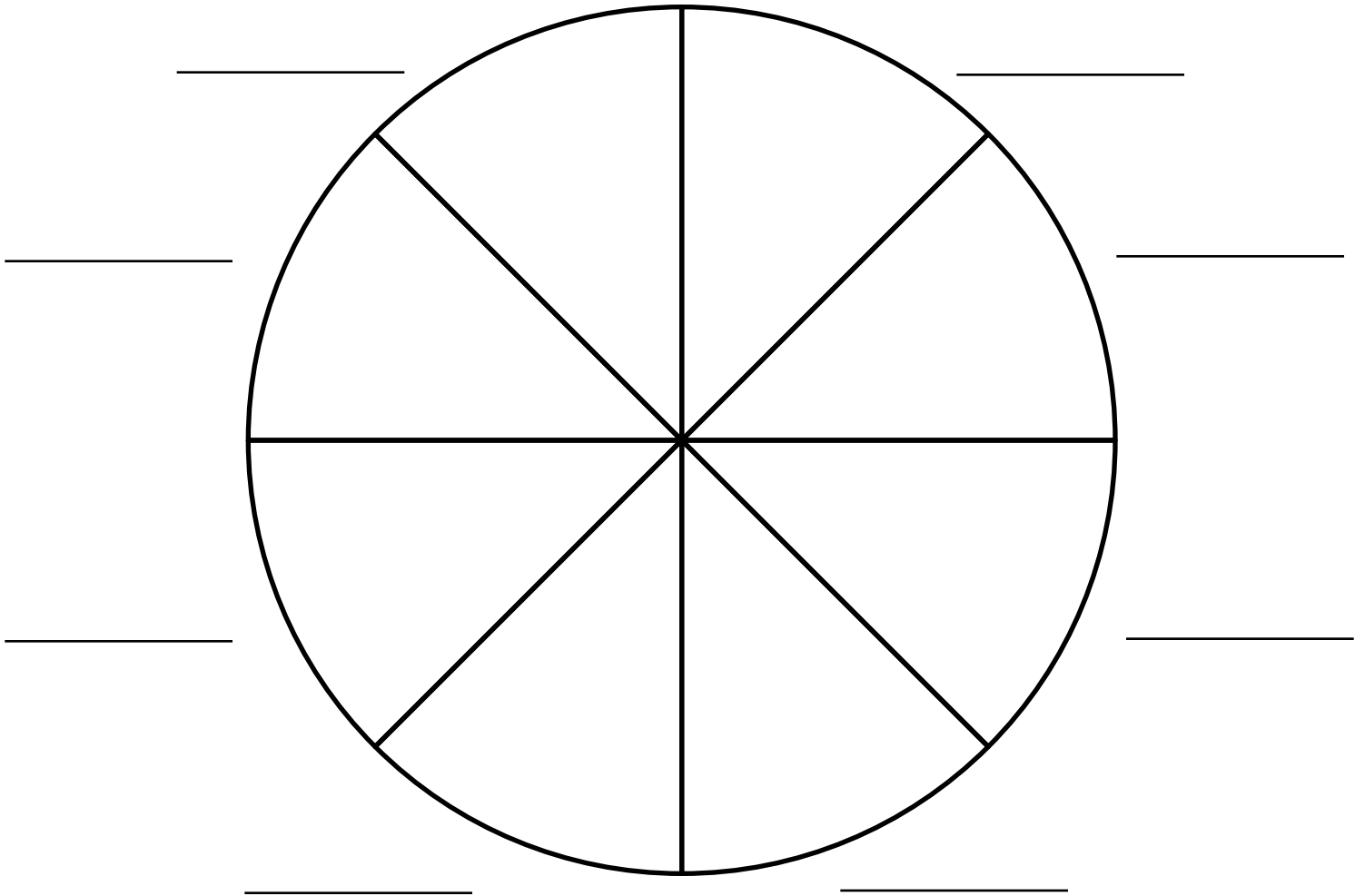


Balance Wheel



Instructions

The Balance Wheel is a quick, effective way to assess how balanced your life is and where there may be rough spots. To complete this exercise, first fill in the blanks around the outside to describe each sphere of your life. Suggestions include: work (or school), family, fitness, God, relationships, rest, finances, church, evangelism, recreation, self-care, career, mental health, etc. Make sure you have something down for every section of the wheel.

Next, consider the center of the wheel a zero and the outer rim a 10. On a scale of 0 to 10, how satisfied are you with how you are doing in each of these areas? Draw a line across the wedge to represent that score.