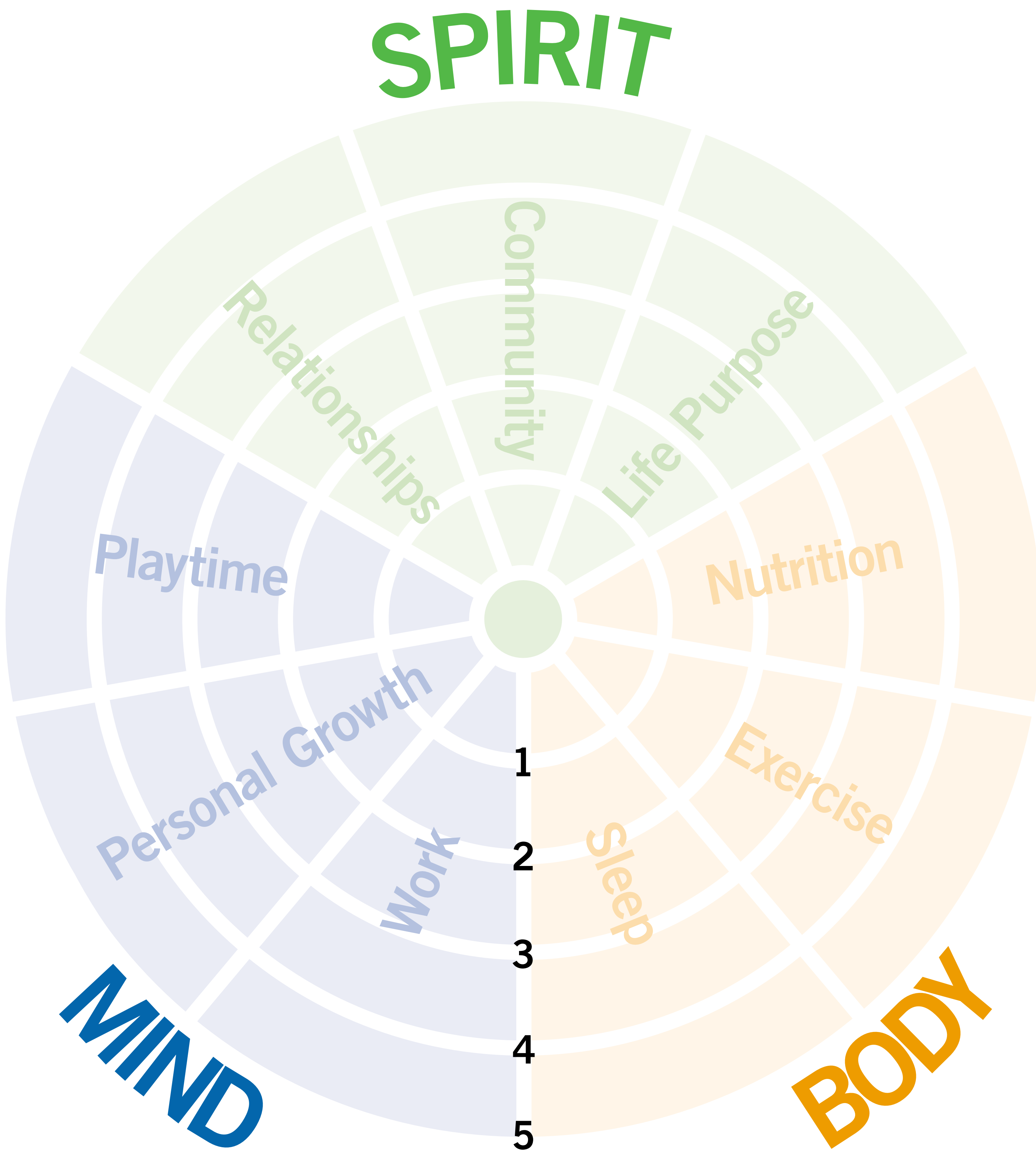




MY LIFE BALANCE WHEEL

This wheel represents the essentials of life balance. Consider how much time and energy you spend in each area of your life. Mark a ● for the amount of time and energy you are devoting to each area of your life right now. **1 = low. 5 = high.** Mark an **x** for the amount you would like to devote. The gaps represent areas where you can make changes to improve your balance.

Your choices reveal your priorities.



SPIRIT

RELATIONSHIPS

- Family
- Friends
- Pets

COMMUNITY

- Community projects
- Neighbors
- Colleagues
- Environment

LIFE PURPOSE

- Faith
- Meditation
- Time in nature
- Good deeds

BODY

NUTRITION

- Planning
- Portions
- Balance
- Colour
- Healthy snacks/beverages

EXERCISE

- Stretch
- Strength
- Heart Health

SLEEP

- Getting enough sleep

MIND

PLAYTIME

- Fun/recreation
- Vacations
- Hobbies
- Arts/music/reading

PERSONAL GROWTH

- Dreams
- Challenges
- Life planning
- Lifelong learning

WORK

- Career
- Calling
- Paid and unpaid work
- Education