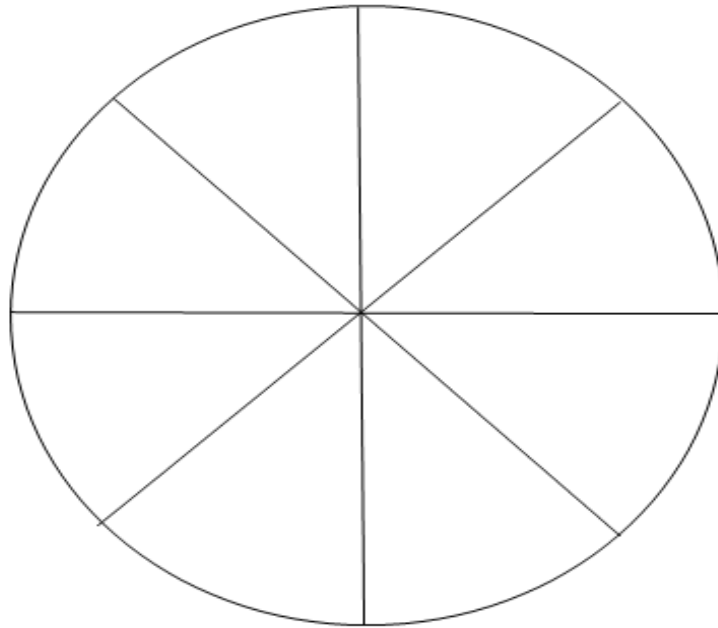


Life Balancing Wheel

Financial
Business
Leisure Time
Physical Environment
Family
Friends
Romance
Health
Fitness
Personal Growth
Spiritual Growth
Education
Other



Instructions

The entire wheel represents perfect balance. Each section of the pie chart represents one aspect of your life. See the examples on left side of illustration.

The pie is divided into sixteen segments for you to label with areas of your life. Use as many or as few as you wish, add to the list if something is missing.

On a scale of 0 to 10 rate your level of satisfaction with each aspect of your life.

Consider the center of the wheel as 0 and the outer rim as 10. Now draw a horizontal line across each section of the pie at the point you estimate as being closest to your rating.

For example, are you 50% satisfied with your current housing? Give it a 5. Then in the section called "physical environment", draw a line across the section about half way between 0 and 10.

When each section has been rated, boldly take a red marker and draw an inner circle connecting the horizontal lines. That is your life today.

How bumpy is your journey? Don't worry! Return to the website at www.conscious-easy-living-now.com/wheel-of-life.html. Everything you need to bring balance into your life and enjoy peaceful easying living is there.