

Life Balance Wheel Exercise

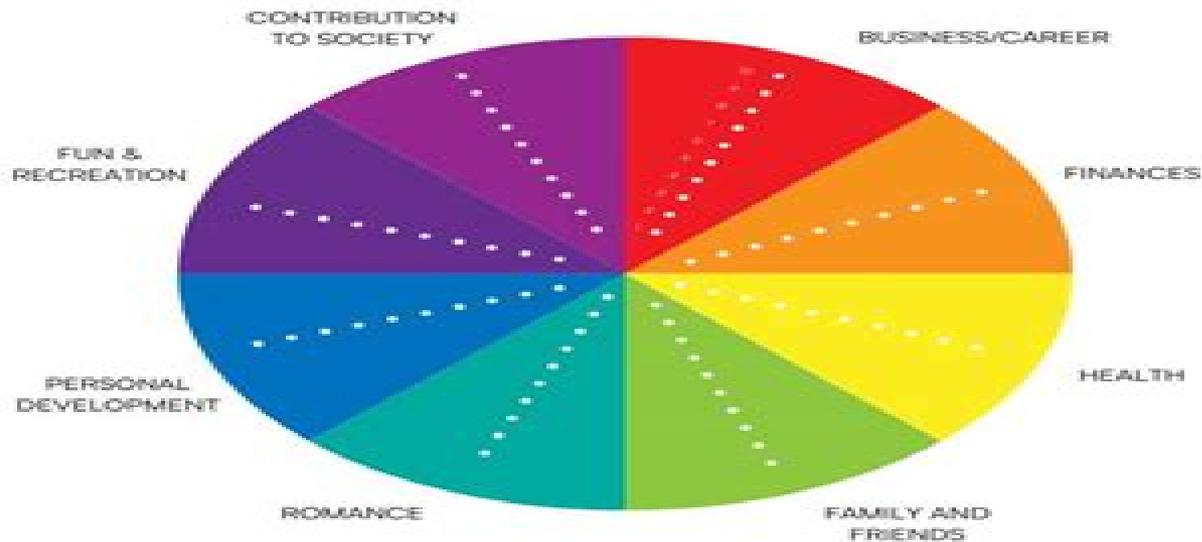
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Instructions

- 1. Divide the Wheel:** Draw a large circle on a piece of paper and divide it into segments. Label each segment with an area of your life you want to focus on (e.g., Career, Health, Relationships, Finances, etc.).
- 2. Rate Each Area:** Rate your current level of satisfaction or the amount of attention each area is currently receiving from 1 to 10, with 1 being the least satisfied or least attention and 10 being the most.
- 3. Plot Your Ratings:** Draw a line across each segment at the point that corresponds to your rating for that area. This gives you a new "edge" to the wheel.
- 4. Analyze the Wheel:** Take a good look at your completed wheel. Does it look balanced or are there areas that are lagging behind?

Here's an example:



Guide To Living In Balance

Jin-Ying Zhang



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