

Life Balance Wheel

A life balance wheel is a visual representation of your life and can be easily used to identify which areas may need more work than others. Imagine a wheel in balance; each section equal to the next, out of balance it does not lead to a smooth ride!

Shade or color in the sections, scoring each from 1-10, 1 being least in balance and 10 most in balance.

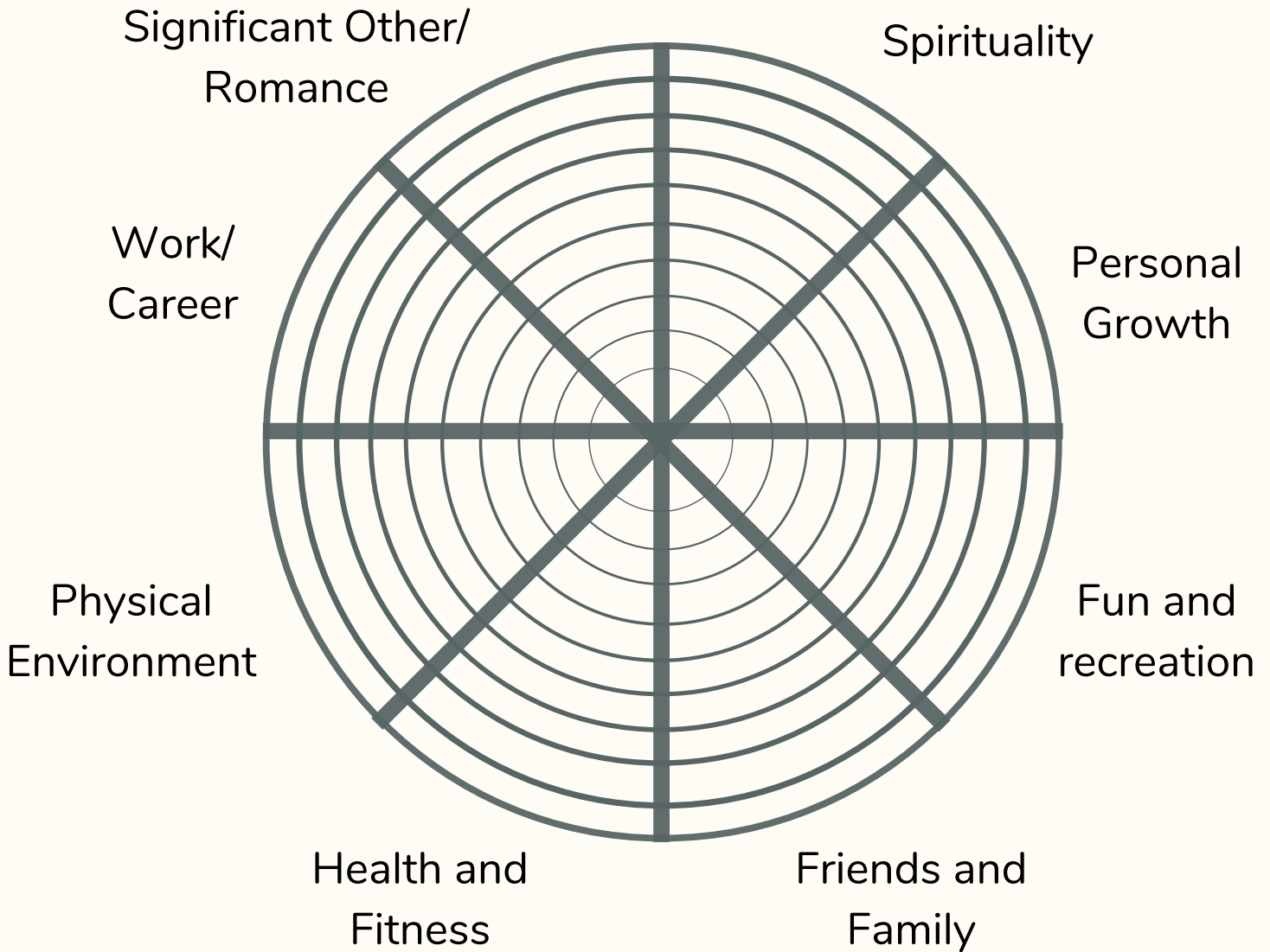
I have included a blank wheel if you would like to complete a wheel with sections that more reflect your life.

Once you have completed your wheel, move onto the next sheets where you can reflect on what is or is not working working for you now and then reflect on how you would like these areas to look.

This is the first step in making change.



Life Balance Wheel



Date

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Date

What it is like now

How I would like it to be

Spirituality

score

**Personal
growth**

score

**Fun and
recreation**

score

**Friends
and Family**

score

Date

What it is like now

How I would like it to be

**Health and
fitness**

score

**Physical
Environment**

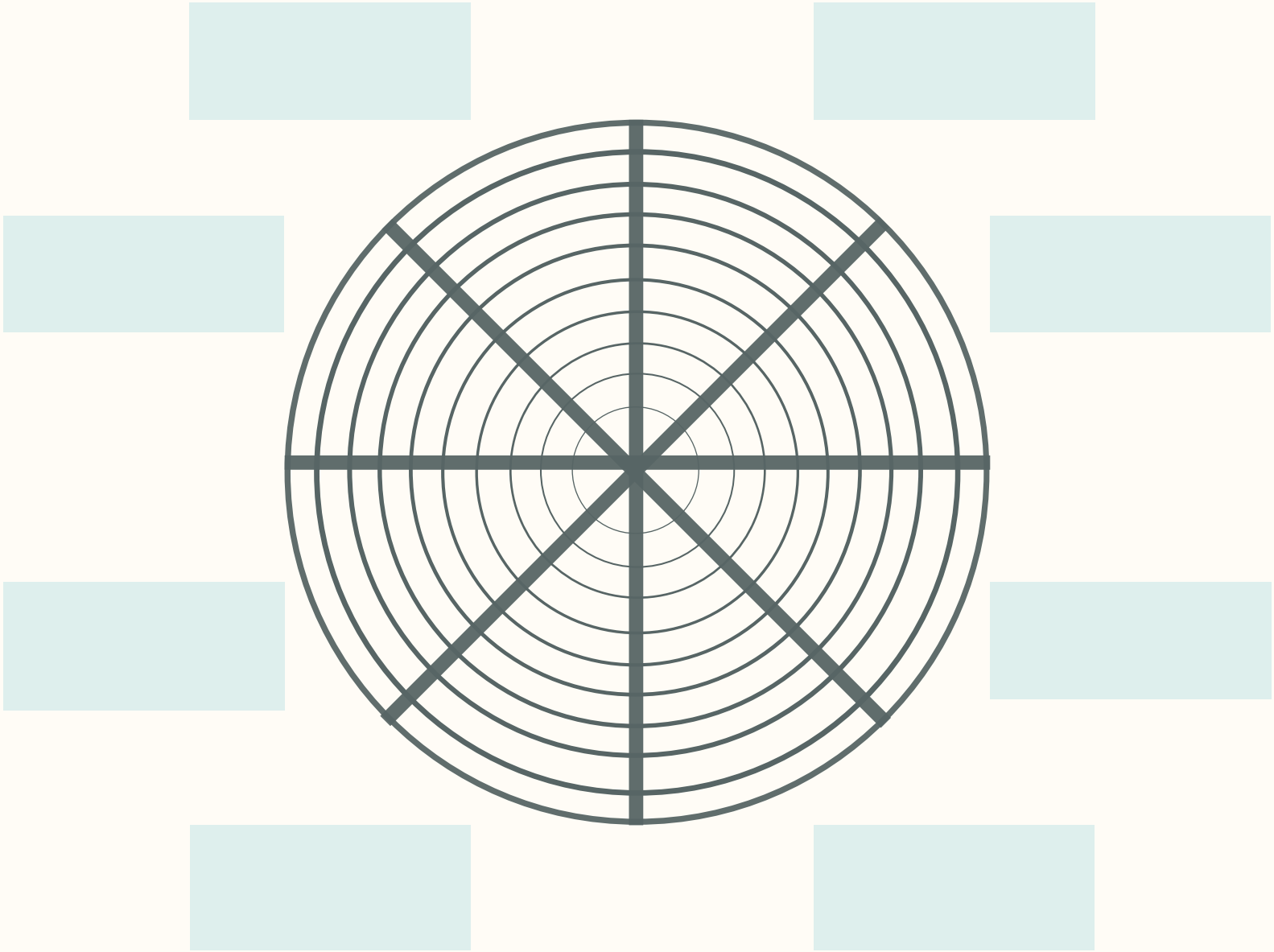
score

**Work/
Career**

score

**Significant
other/
Romance
score**

Life Balance Wheel



Date

Date

What it is like now

How I would like it to be

score

score

score

score

Date

What it is like now

How I would like it to be

score

score

score

score