

## Ideal Life Balance Wheel

Use the diagram below to create your wheel of life: Imagine a scale of 0 to 10 on each wedge with 0 being the center of your wheel and 10 being on the outer edge. 0 represents no satisfaction with this aspect of your life while 10 represents the highest possible satisfaction. Draw a line across each wedge to represent your level of satisfaction with each area. What kind of wheel do you have? How will it roll?

