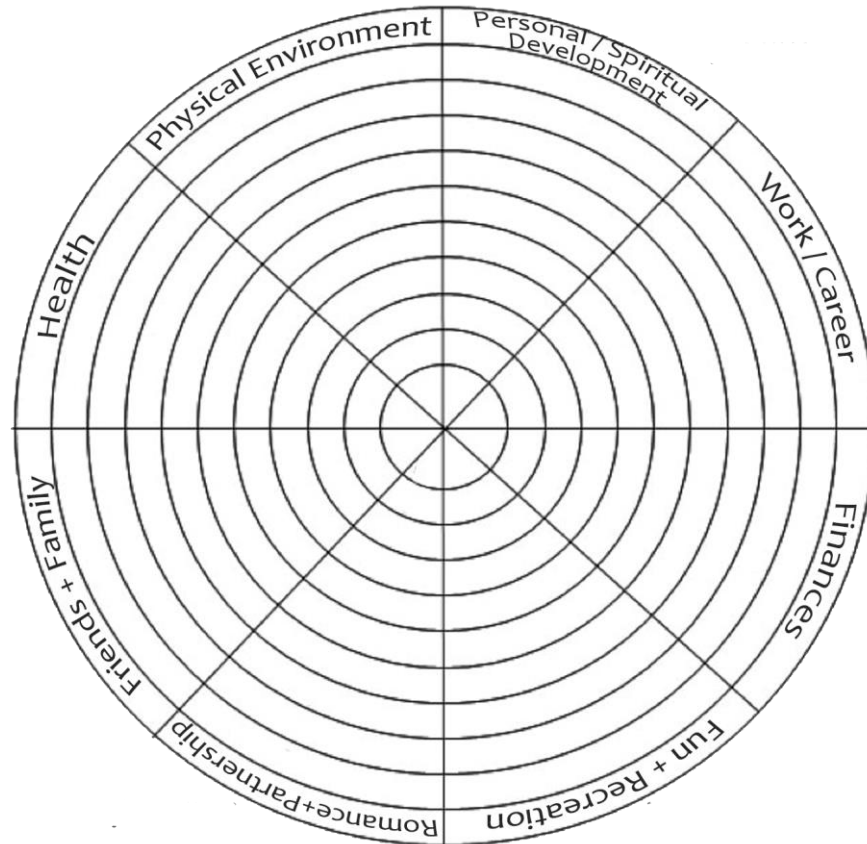


Aspects of Life Balance



The Wheel of Life is helpful in assessing the balance of 8 aspects of life. This provides a snapshot of our current level of balance and can help chart a path to greater resilience and happiness.

Rate yourself in each aspect on a scale from 1 to 10, with 1 being least fulfilled or balanced, and 10 being optimal, just as good as it can be! Color in the corresponding levels to see if your wheel is round or lopsided. You can revisit this tool in the future to see how you've progressed in reaching overall balance.



- Physical Environment (Home)** - Your home should be a place where you rest and feel restored.
- Personal / Spiritual Development** - What feeds your soul? It may be faith, finding guidance in ancient wisdom, or pursuing personal development.
- Work / Career** - Ideally, not only is your work fulfilling, but your career feels like it is in balance, and you are moving in the direction you desire.
- Money** - Responsibly managing your resources is essential in both the short term and long term.
- Fun & Recreation** - It's important to have avenues of creativity, curiosity, exploration and playtime.
- Romance / Significant Other** - Balance in the area of romance may feel elusive. Try to simply assess if this is an area where you'd like to improve, without being overly critical or harsh with yourself.
- Friends and Family** - Feeling connected to community is vital, and evidence shows that giving support to other people is one of the most reliable triggers of happiness.
- Health** - Without physical health it's hard to enjoy the other aspects of life. Healthy living doesn't have to be complicated, simply make reasonable goals based on small habit upgrades and you'll start to feel the reward.