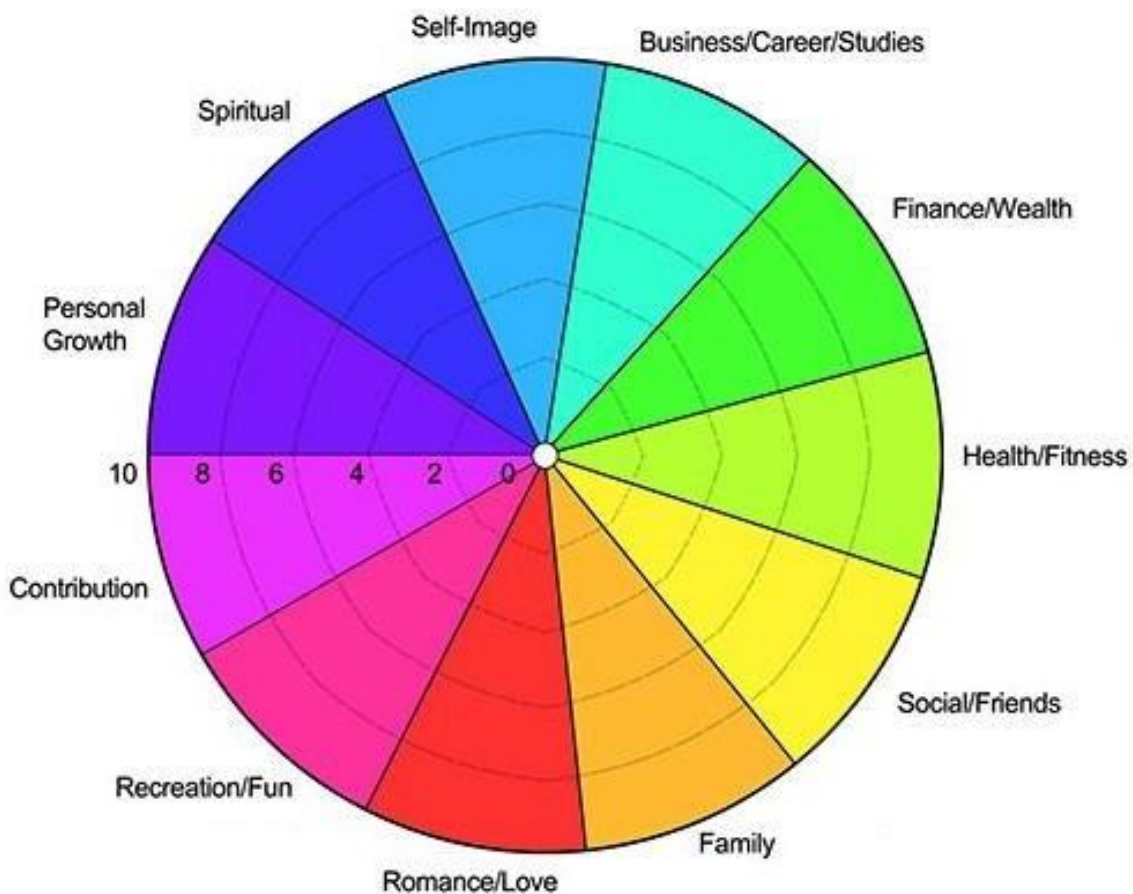


## Life-Balance

### *How do you know if you have enough balance in your life?*

Look at the Wheel of Life below. Identify domains that are being met and those that are being neglected. Some areas will be more important than others for you.

Mark the piece of the wheel corresponding to the life domain and how much you believe it is being met, on a scale of 0 (neglected) - 10 (the right amount of attention/satisfaction).



1. What life domains are being met well?
2. What life domains are being neglected and need more time and attention?
3. What action can you take to improve at least one of your life domains?
  - What?
  - When?
  - Where?
  - Who with?
  - Why is this important?