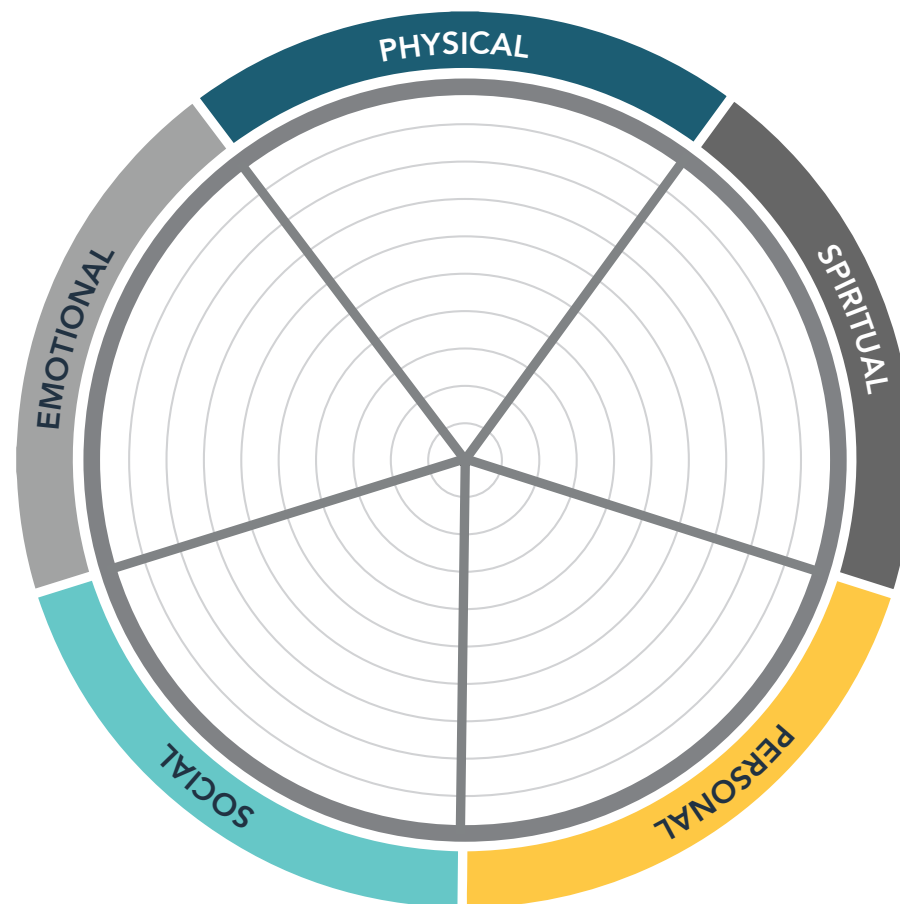


Finding Balance in Your Life

Use this Balance Wheel to help you get a clear picture of your life as it is right now. Then, you'll have an idea about which parts you may want to focus on.

HOW TO USE YOUR BALANCE WHEEL

Notice the 5 slices that make up the Balance Wheel. Each one represents a different part of your life. Now, look at the 10 sections found within each slice. Choose a slice and rate your satisfaction with it by starting at the center and coloring out to a section of your choice. Do this for each of the slices. The farther out from the center you color, the more satisfied you are with that part of your life.



PHYSICAL

Your satisfaction with your activity level and eating habits.



PERSONAL

Your satisfaction with the time and energy you have to enjoy interests, hobbies, and anything else you're passionate about.



EMOTIONAL

Your satisfaction with how well you manage stress and your overall happiness.



SPIRITUAL

Your ability to find peace, harmony, and meaning in your life.



SOCIAL

Your satisfaction with the relationships you have with friends, family, and other people you interact with day to day.

Set Goals That Matter to You

Look at the shape of your wheel. Which slices are the smallest? Which ones are the largest? Choose a part of your life you would like to work on, and write down a few goals that could help you. Working toward and reaching these goals may help to improve your overall emotional health.



PHYSICAL



SPIRITUAL



PERSONAL



SOCIAL



EMOTIONAL

THE AREA I WANT TO WORK ON IS



MY FIRST GOAL IS

This is something simple and easy that you can do in the next day or so.



MY SHORT-TERM GOAL IS

This is a goal you can reach in the next few days or weeks.



MY LONG-TERM GOAL IS

This is something that may take a little longer, like over the course of the next month.

