

## Your Balance Wheel of Life

Using the results from the Life Inventory, put an X on the number in each area that corresponds with your total score. Draw a line from that number in the Center of the wheel. Then darken the entire area of the circle from your total score back to the number 8. For example, if your total score is 16, put an x over the number 16 in the self area of the wheel. Draw a line from 16 to the center of the circle; darken that area from the center outward, and between 8 and 16. Repeat these steps for all four areas of the wheel.

That part of the wheel that has the biggest shaded area is the area in which you are most balanced. The part that is less complete is the area of your life that needs more attention.

