



Life Balance Wheel

ACHIEVING EQUILIBRIUM ACROSS LIFE'S KEY AREAS

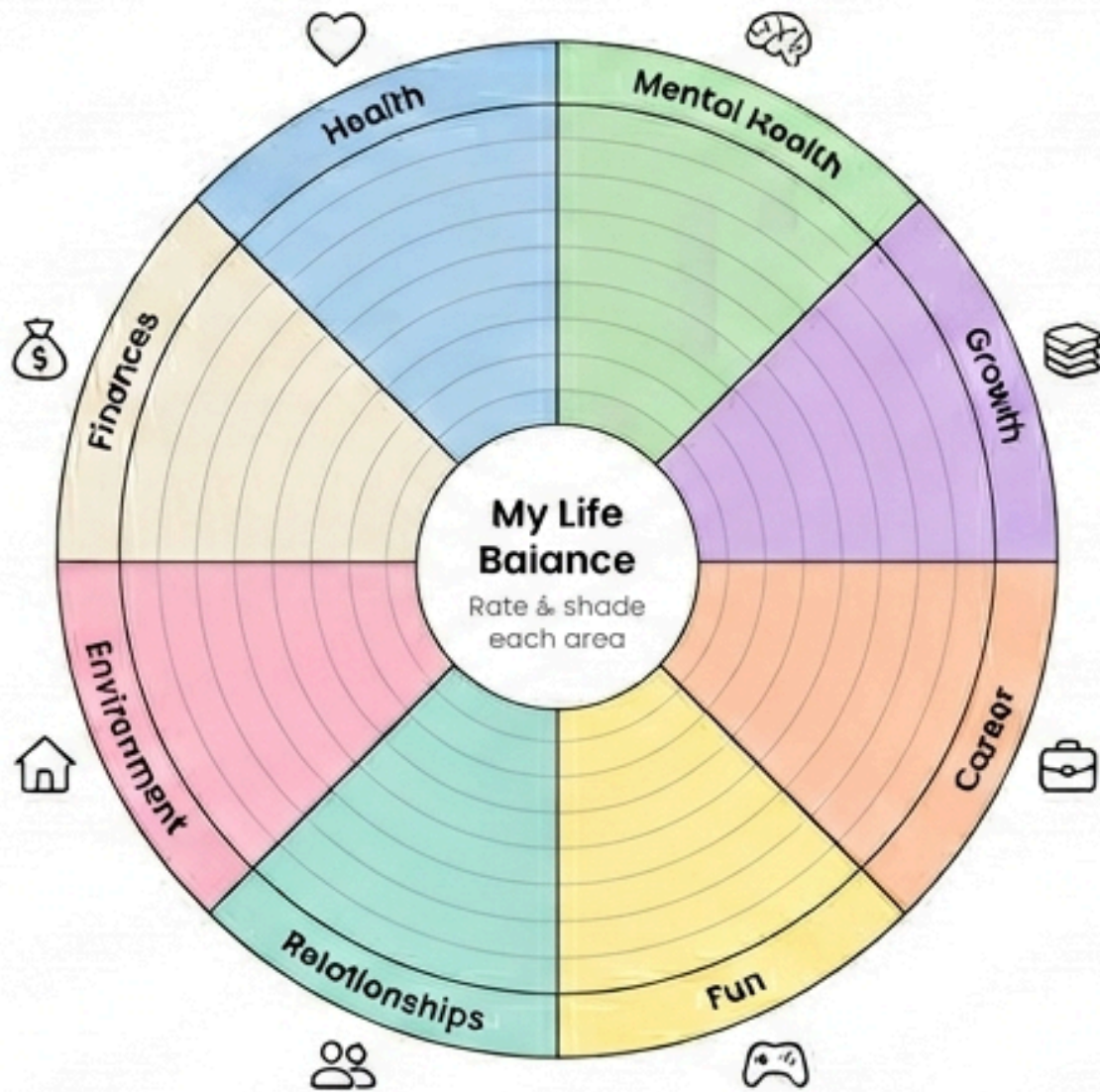
Name: _____

Date: _____

How to Use This Wheel

1. Look at each life area
2. Rate your satisfaction from 1 (low) to 10 (high)
3. Shade each section to match your score
4. Notice which areas feel balanced and which need attention

Balance is a direction, not perfection



Reflection

- Which areas feel most balanced?
- Which areas need more attention?
- What patterns do I notice?

Focus Area

- One area I want to improve first:

- Why this area matters to me:

Action Steps

- One small action I can take this week:

- One habit I can build over time:

Check-In

- How will I know I'm making progress?

“Balance is not about perfection—it’s about making small adjustments over time.”