

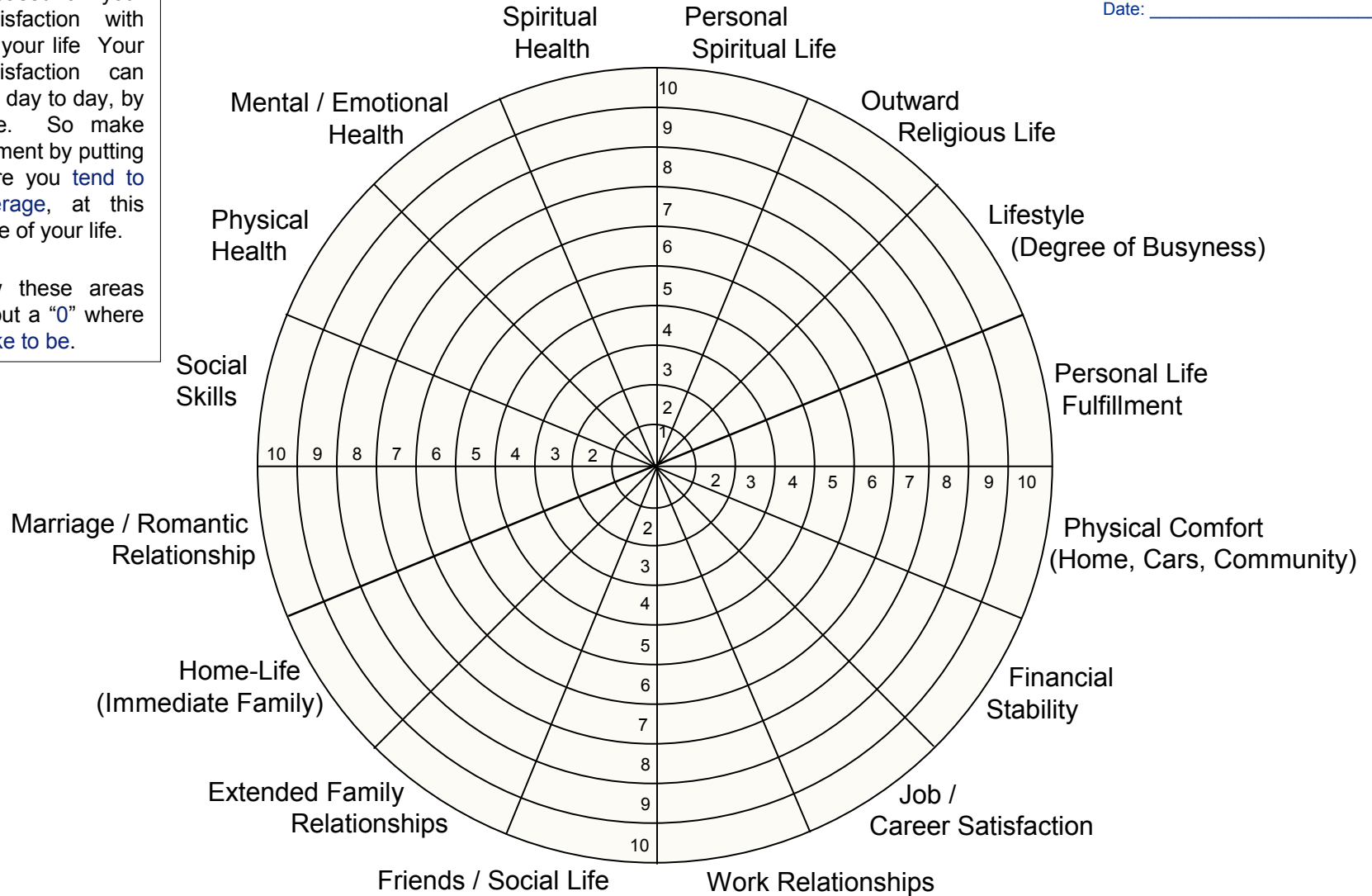
# Personal Balance Wheel (Graph of Life)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Consider each area of your life separately, and rate each area based on your current satisfaction with that area of your life. Your overall satisfaction can change from day to day, by circumstance. So make your assessment by putting an "X" where you *tend to be on average*, at this present stage of your life.

Now review these areas again, and put a "0" where you *would like to be*.



**Scale:** Use "1" for completely dissatisfied - ("This area of my life is entirely unacceptable to me in its current state.")  
Use "10" for total satisfaction - ("I couldn't imagine being happier or more satisfied with this area of my life.")