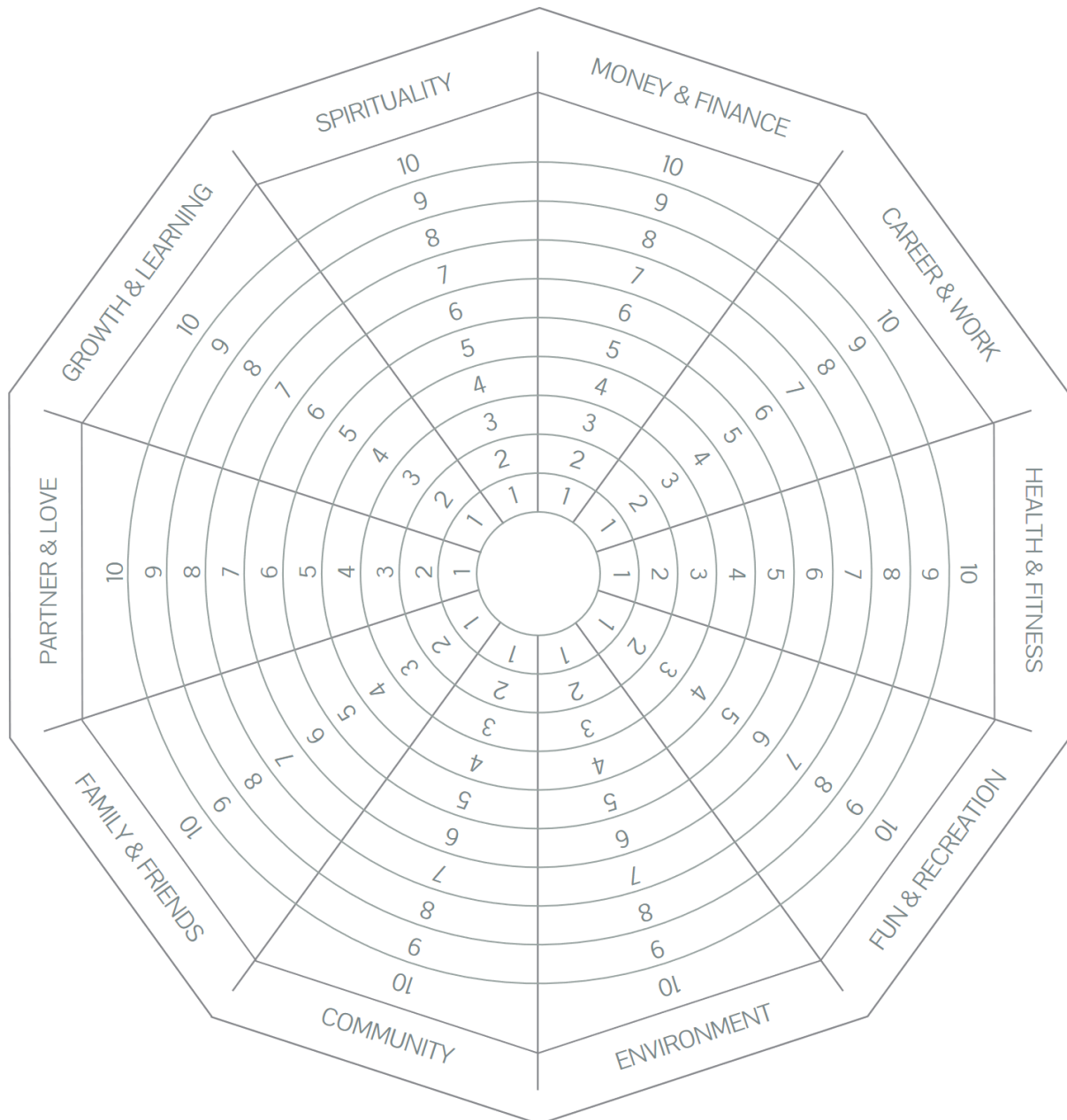


Life Balance Wheel

Colour in each section from 1 unfulfilled to 10 fulfilled across the 10 life-theme areas.



How balanced is your wheel? Is this a problem?

What can you do to restore balance and increase fulfilment?

What does this picture of Life Balance mean to you?

How will it shape your actions and where you focus your energy?