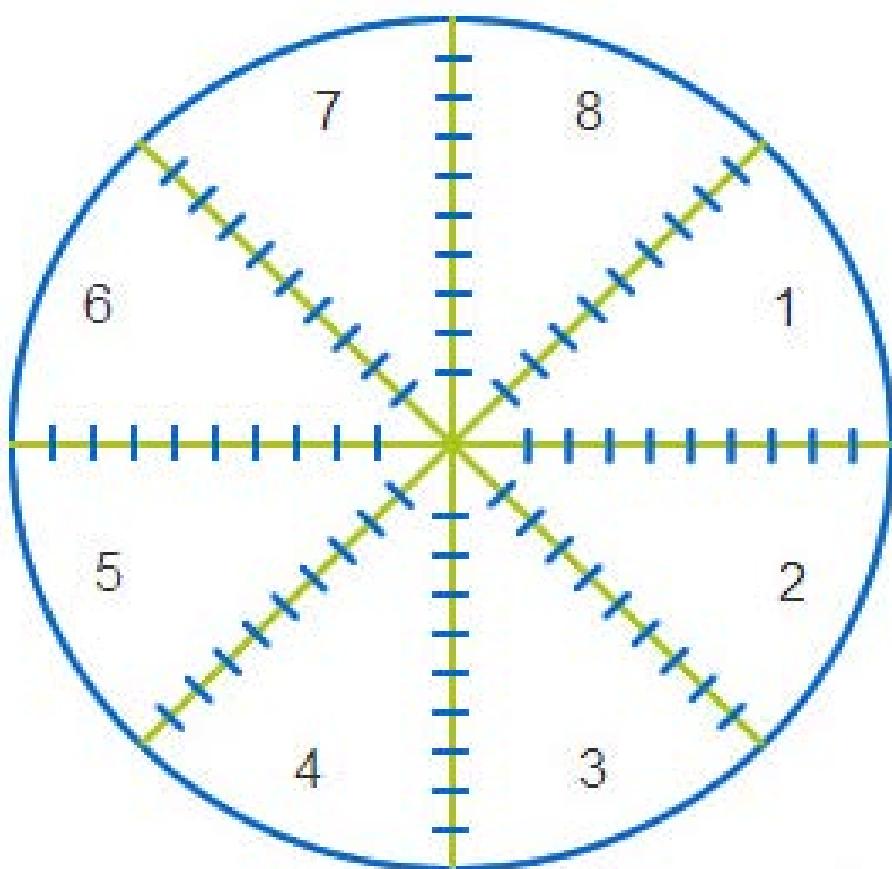


## How is your work life balance?

### Wheel of life

Complete your own wheel of life. Rate your satisfaction in each aspect of your life and then join up the ratings to identify whether you feel your life is in balance. Note any areas on which you feel you need to devote more time in order to increase your satisfaction levels



#### Suggested Sections:

- 1 = Family life
- 2 = Social life
- 3 = Personal development
- 4 = Health
- 5 = Attitude
- 6 = Career
- 7 = Finances
- 8 = Spiritual life

Notes: