

Balance Wheel of Life

The eight sections in the wheel of life represent Balance. With the centre of the wheel as 0 and the outer edge as 10, rank how fulfilled you are with each area right now by drawing a curved line (see example).

If you want, you can make up new sections, change the number of sections or change the names of the sections shown.

The new perimeter of the circle represents the Balance Wheel of Life.

Example

