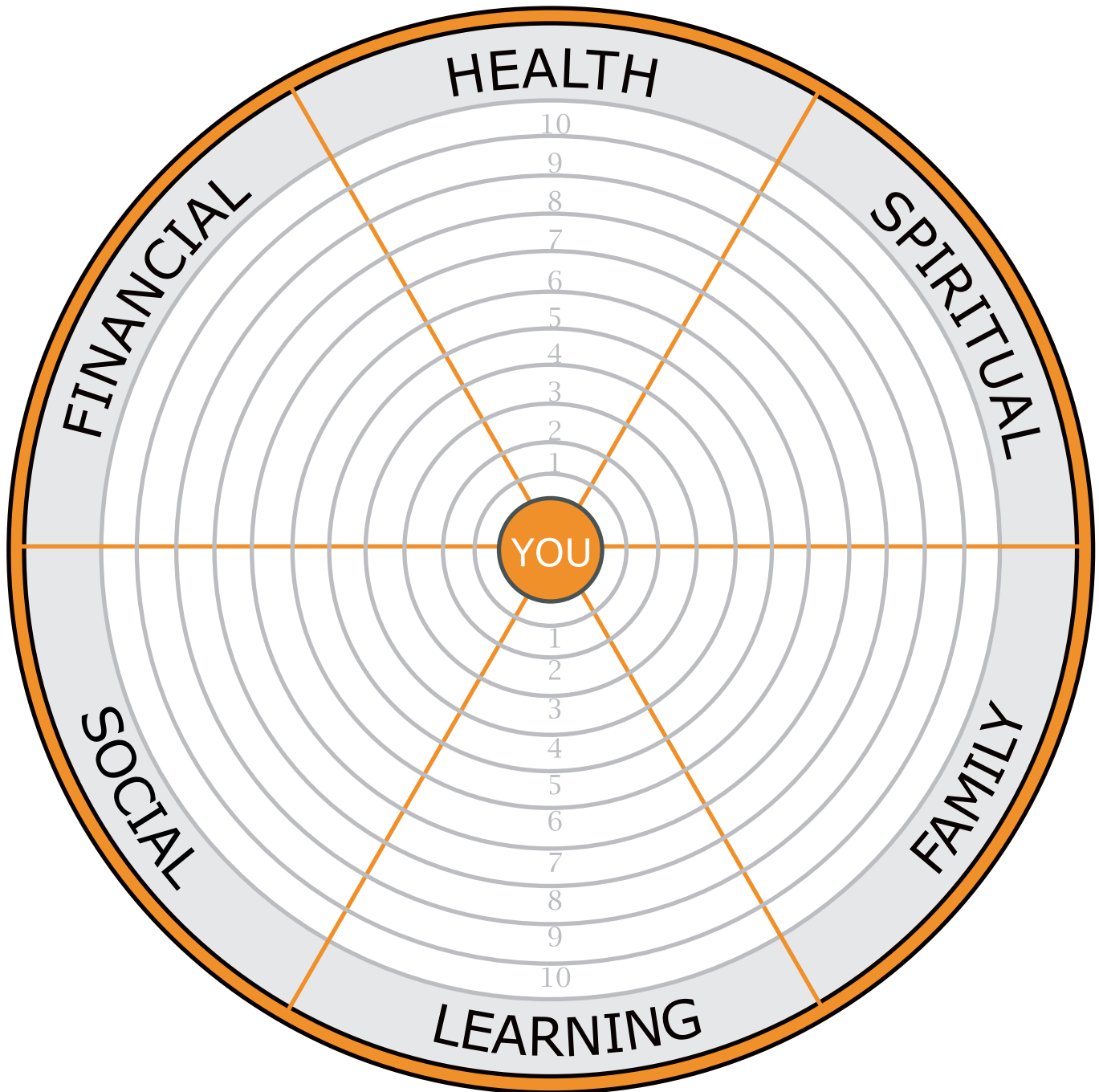


The Wheel of Well-Being

Instructions:

1. Rate yourself in each area of life. Mark each section based on where you currently stand on a scale of 1 to 10, with 10 being the best you can be.
2. Now connect the dots from each area of life.
3. How balanced is your Wheel of Well-Being?
4. How would you like your Wheel of Well-Being to look?



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