

Life Balance Wheel – Rate 1 – 10

Fill out the current rating between 1 and 10 (1 being worst, 10 being best) and then write details as to what would need to happen to make each a 10.

Area of Life	Current Rating (1-10)	What would make it a 10?
Self-Care		
Calendar Management		
Learning		
Creativity		
Career / Finances		
Social Life		
Relationships		