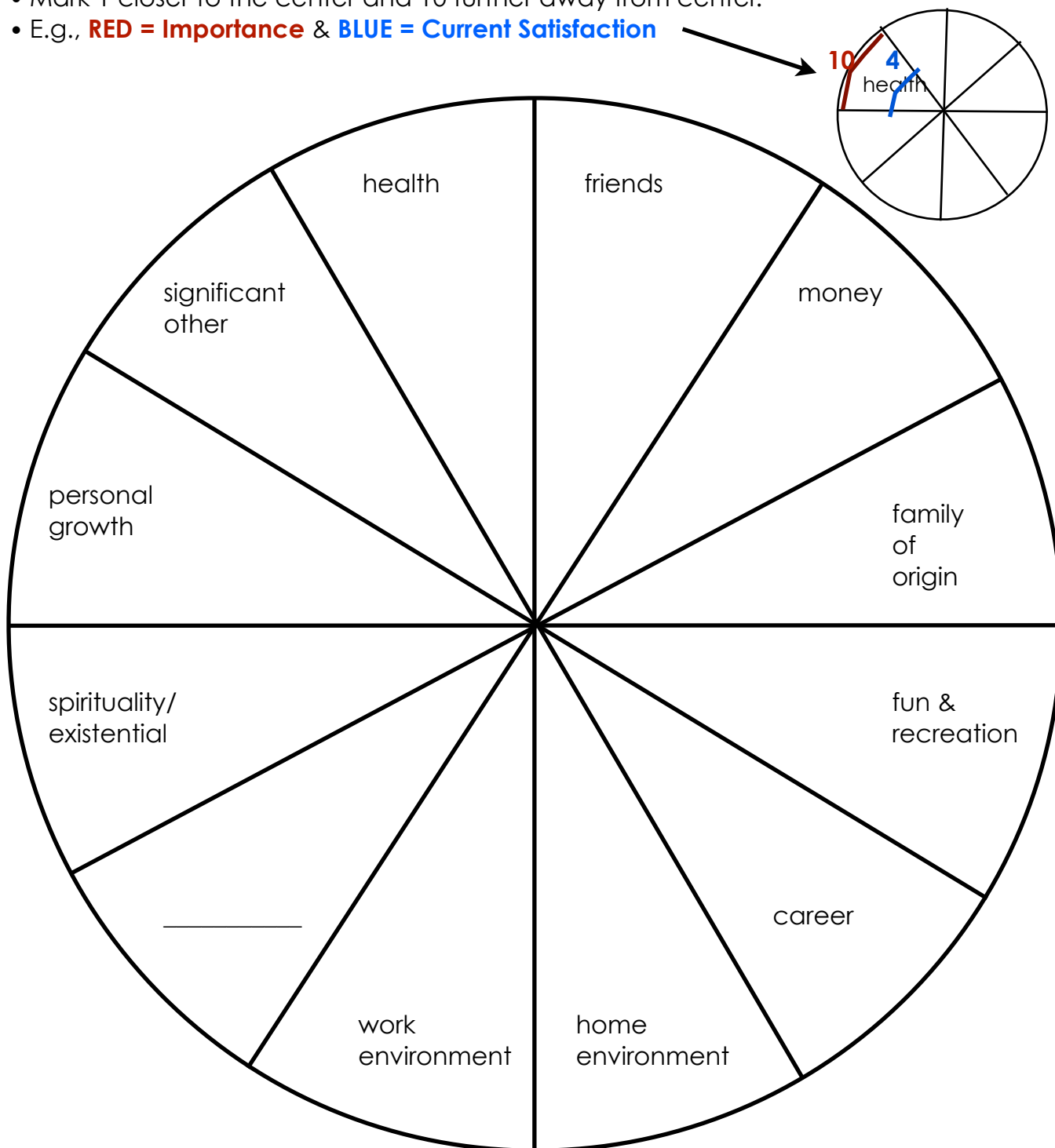


the balance wheel

*adapted from www.thecoaches.com

- Take two different colored pens or markers.
- First rate each item in terms of 'Importance' with 1 being least important and 10 being most important with one pen, marking a line & #
- Next, with the different color, rate each item in terms of your 'Current Satisfaction' with that area of your life with 1 being least satisfied and 10 being highly satisfied.
- Mark 1 closer to the center and 10 further away from center.
- E.g., **RED = Importance** & **BLUE = Current Satisfaction**



for more healthy living advice & how to use your balance wheel, check out GerilynBurnett.com