

Life Harmony (Balance)Wheel

The eight sections in the Wheel of Life might represent life harmony. Seeing the center of the wheel as 0 (low) and outer edge as 10 (high), rank your level of satisfaction with each life area (put the number in the wedge) and draw a straight or curved line to create a new outer edge. This is only a snapshot of where you are at this moment. (E.g., at this moment you may have no money yet your level of satisfaction is a 9.)

What do you notice?

