



LIFE TODAY CAN BE BUSY.

We often get stressed and frustrated that we don't have enough time in the day to do the things that we want to



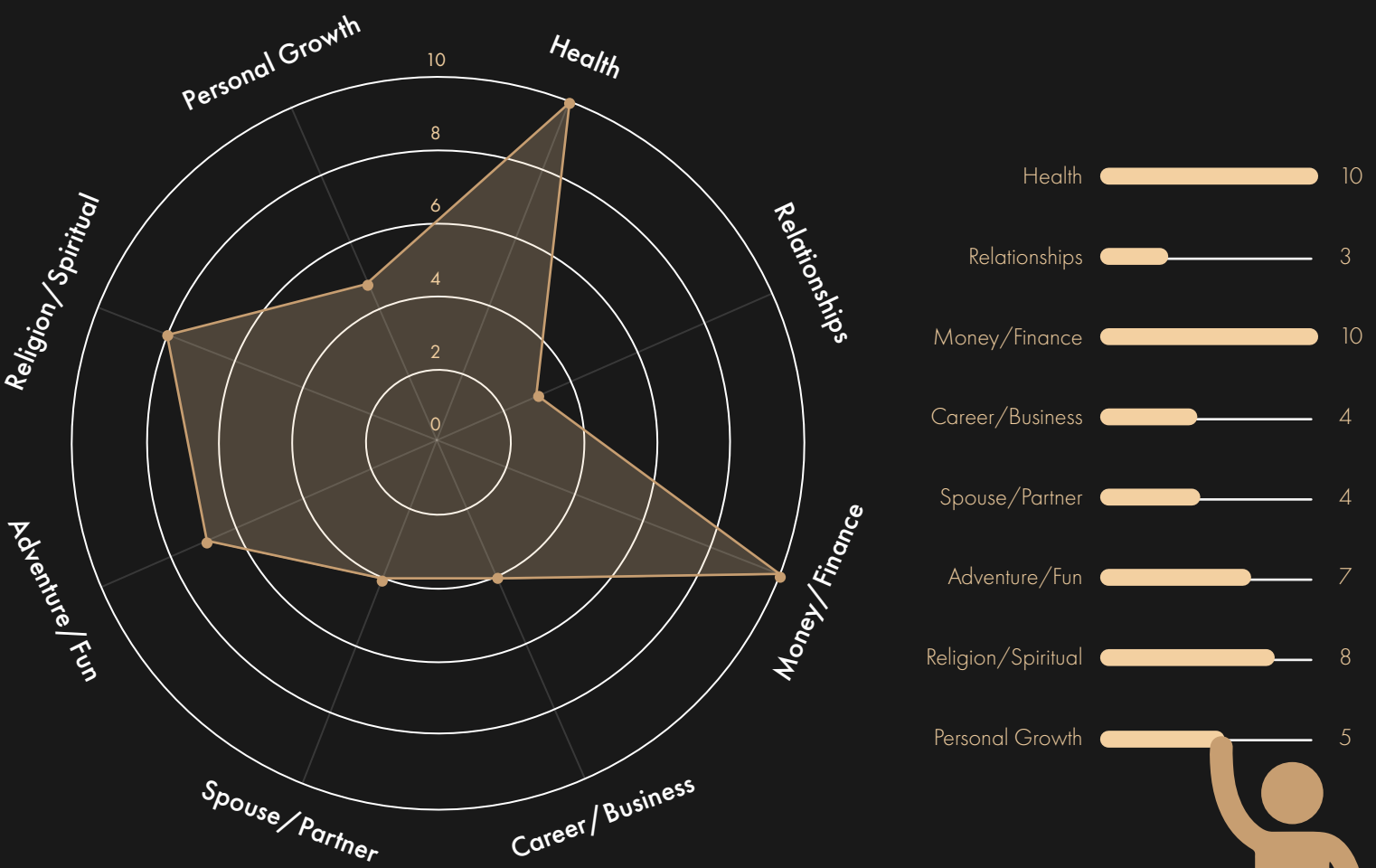
In order to create more balance you can complete the wheel of life to see what areas of your life may need more of your focus. The goal is to create balance across all areas first, and once balance is achieved then you can seek to move outwards towards a higher ranking.

Think of a wheel. It needs equal balance in order to roll and operate smoothly.



Your life is similar. Seek balance first to operate more efficiently. Once you have balance then seek growth.

Use your results from the Wheel of Life to plan for new goals in those areas you want to focus.



Use your results from the Wheel of Life to plan for new goals in those areas you want to focus. Update your Wheel of Life every few months to witness your growth!



DISCLOSURE

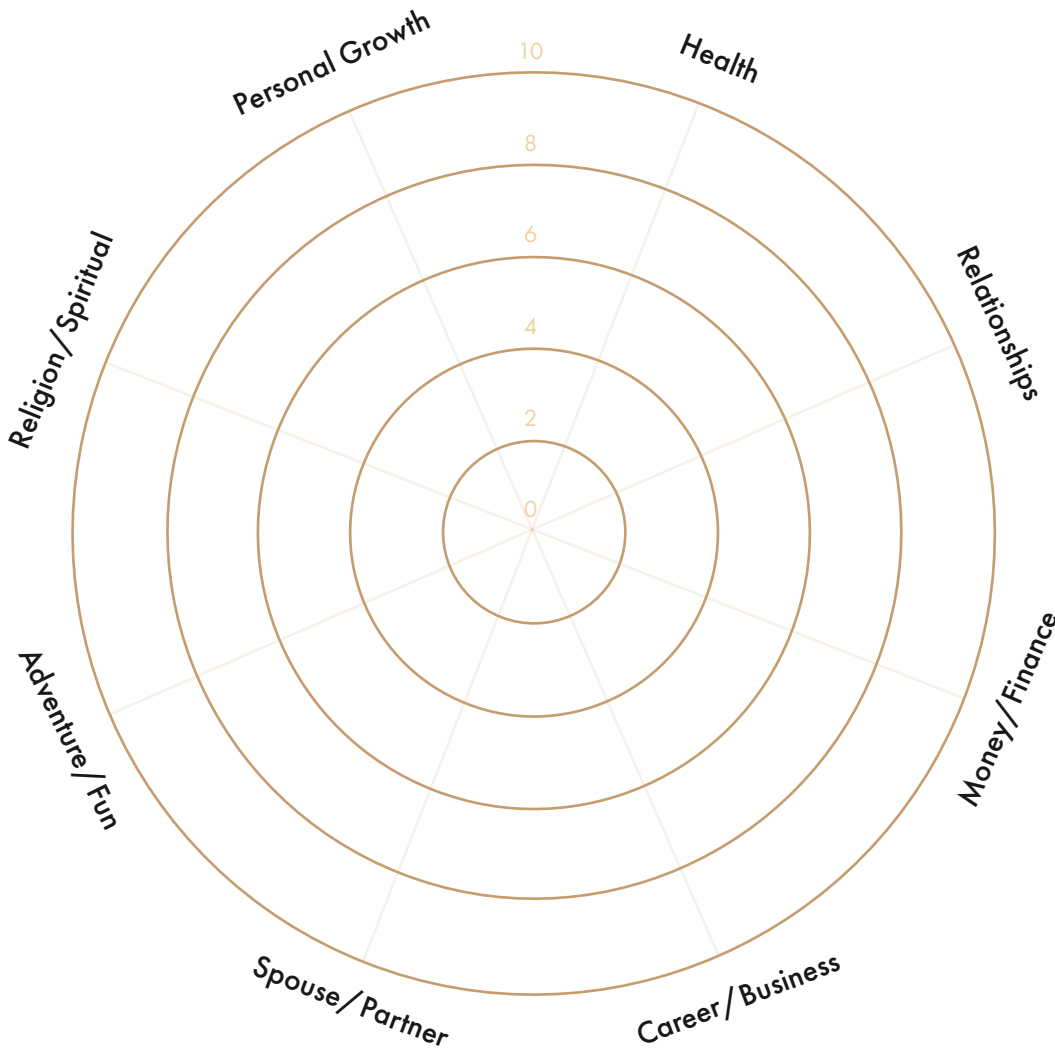
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WHEEL OF LIFE



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DIRECTIONS

1

Rank each category 1-10 (10 being the best)

2

Fill in your Wheel of Life

3

Identify areas to improve

4

Create 1 or 2 goals to improve the balance in your life

WHAT AREAS SHOULD YOU FOCUS ON?

YOUR GOALS TO IMPROVE BALANCE IN YOUR LIFE