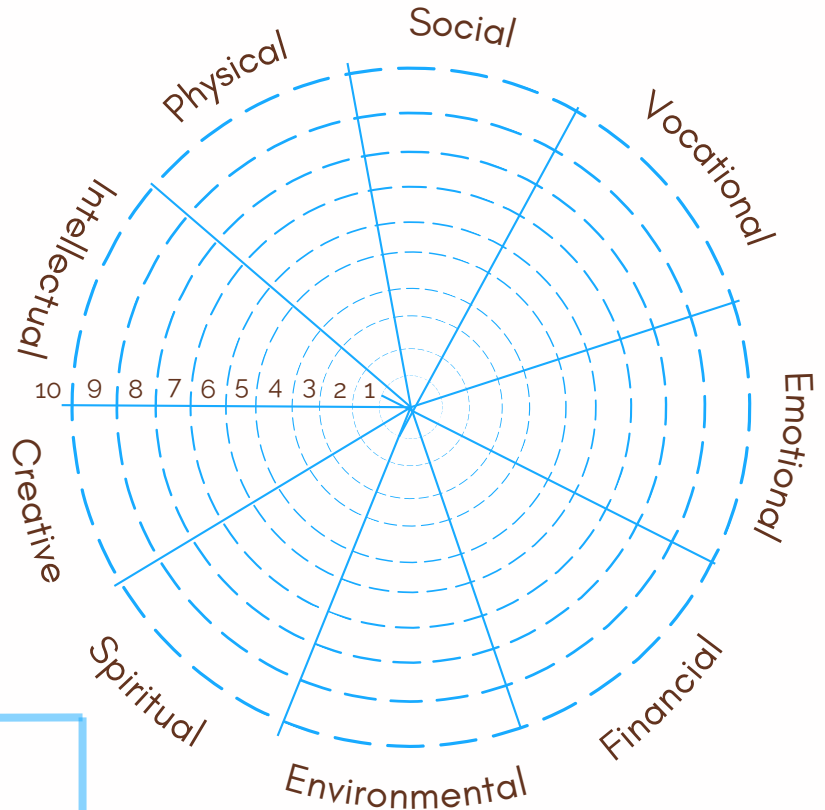


THE WHEEL OF LIFE

This simple yet powerful tool provides a visual representation of the balance in different areas of your life. Rank your satisfaction level on a scale of 1-10 to identify which areas you'd like to enhance. You can use the pre-set 9 categories or create your own customized wheel with 6 to 12 areas that are most important to you.



- Physical**
 - Nutrition
 - Activity
 - Increase healthy habits
- Emotional**
 - Breathe
 - Mindful of thoughts
 - Intention Setting
- Spiritual**
 - Time out (unplug)
 - Journaling
 - Belief fortifying activity
- Financial**
 - Plan - Financial Advisor
 - Prioritize
 - Positive perspective
- Intellectual**
 - Learn new things
 - Mental exercises
 - Growth & Stimulation

- Environmental**
 - Shop local
 - Recycle
 - Gardening
- Career**
 - Doing something you enjoy
 - Cultivate relationships
 - Create/Seize Opportunities
- Social**
 - Meaningful interactions
 - Time with family and friends
 - Healthy communications
- Creative**
 - Hobby
 - Expressive
 - Connective/Inspiring

