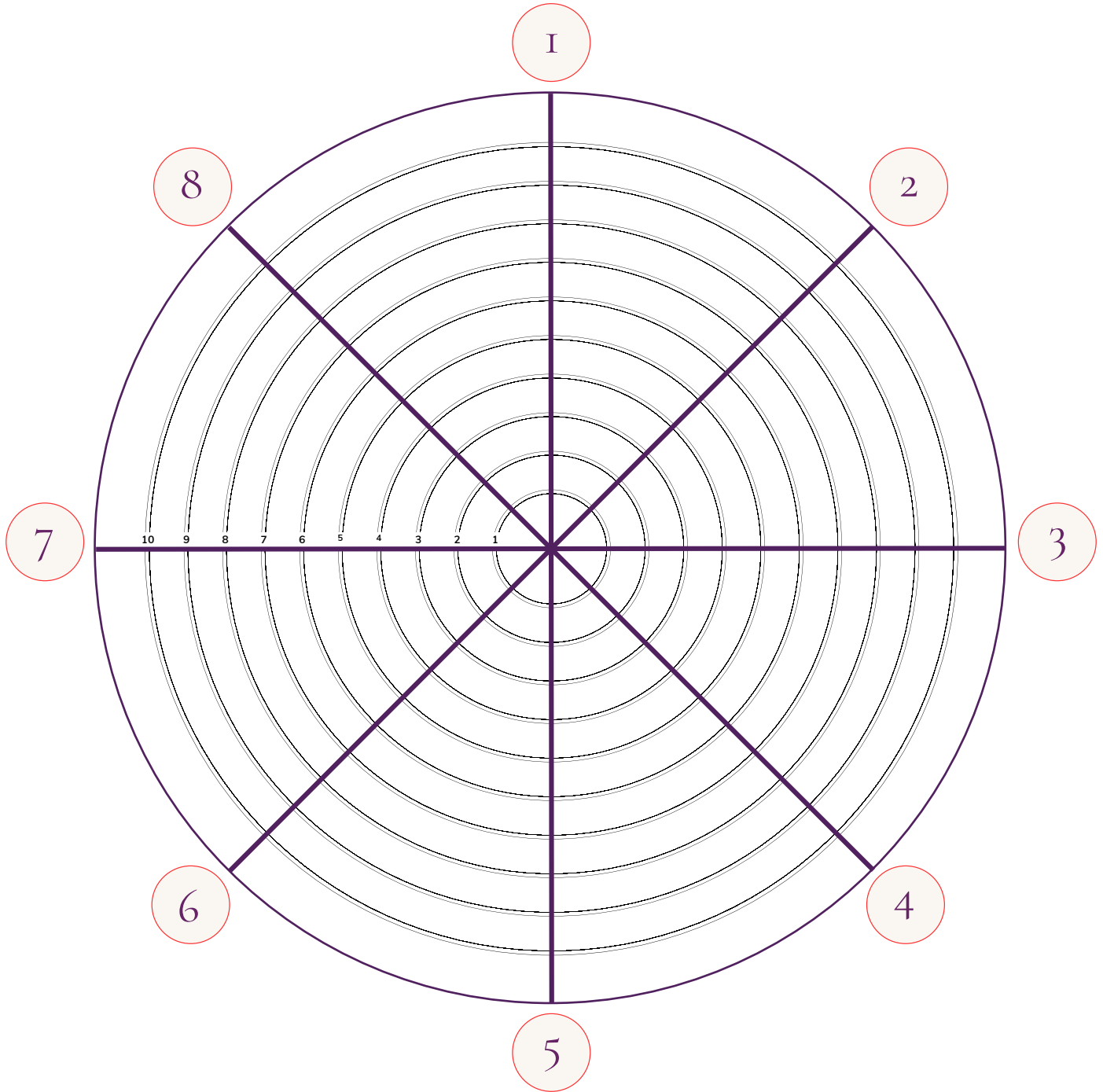


Life Balance Wheel Worksheet

Start by labeling the 8 sections in the Life Balance Wheel which represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents your Life Balance.



**Schedule a free 30 minute
consultation, today.**

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Learn how a career coach can help you
discover a more balanced life.