

Reflecting on Your Life: Balanced

Please pick the 6 most important areas of your life from this list, and transfer them to the innermost segments of the circle to the right.

Then work your way outwards through the outer rings, adding for each area your level of satisfaction, as well as where you'd like to be in 2014, and some key things to focus on in order to get there.

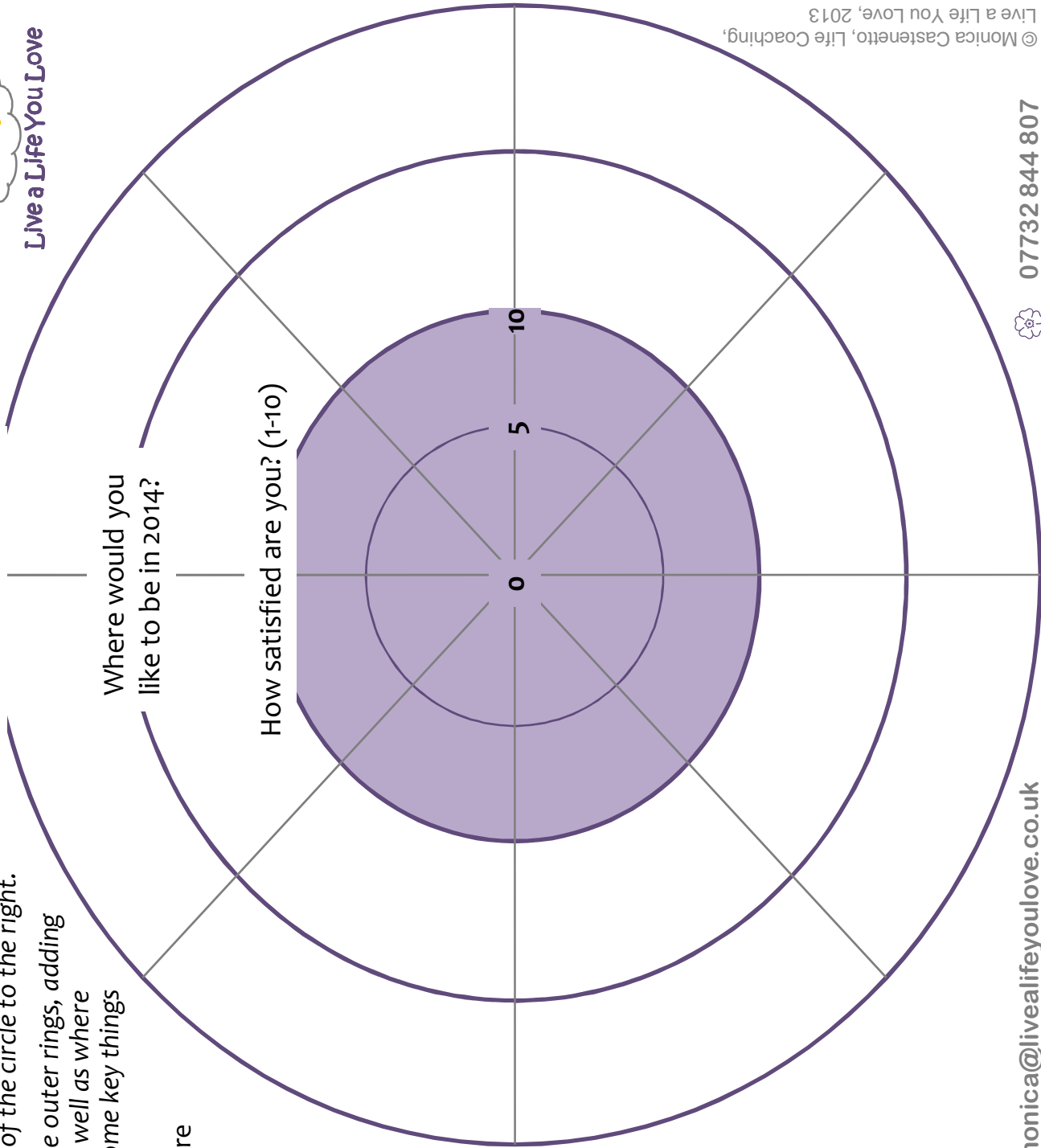
- Emotional / physical health and self care
- Earning a living
- Fun and adventure
- Hobbies and passions
- Projects
- Partner / significant other
- Family
- Financial health
- Friends / social life
- Leisure, rest and restoration
- Physical environment
- Sharing with / contribution to others
- Spiritual well being
- _____
- _____
- _____

What does this view of your life say to you?

Key things to focus on

Where would you like to be in 2014?

How satisfied are you? (1-10)



Live a Life You Love



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Reflecting on Your Life: Balanced – AN EXAMPLE



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Here's an example of how the wheel of life can be filled in.

Which six life areas did YOU pick?

And what does the wheel of life look like for YOU?

- Emotional / physical health and self care
- Earning a living
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- Hobbies and passions
- Projects
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- Family
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