

1. Score each life category out of 10:

Health & Wellness:

Family & Friends:

Personal Growth:

Business & Career:

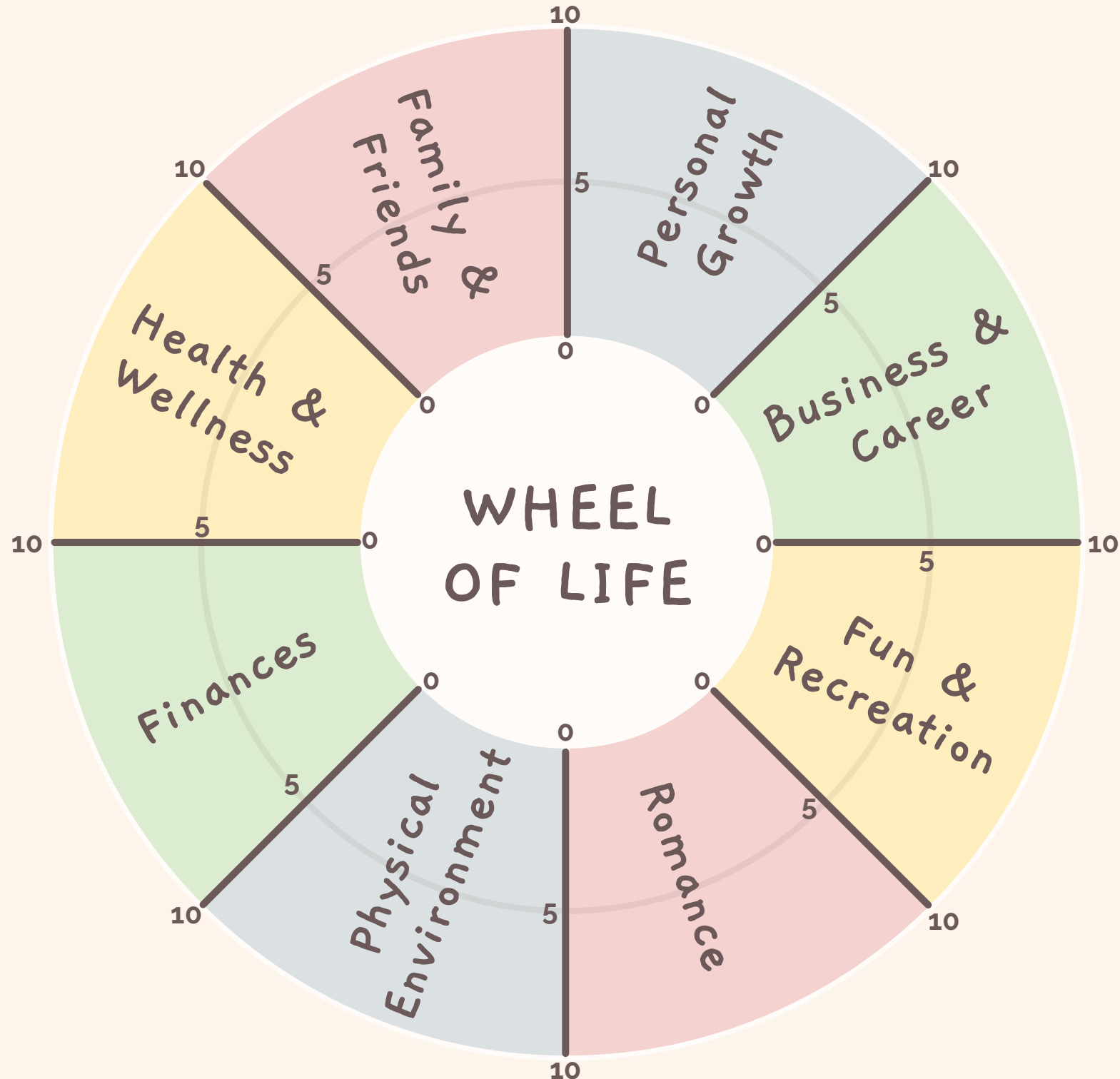
Fun & Recreation:

Romance:

Physical Environment:

Finances:

2. Use a crayon or pen to shade-out your category scores on the wheel of life chart:



Which category, if you focus on improving it, will help improve other categories too?