

How to Balance Your "Wheel of Life"

Do a checkup from the neck up!

You will probably find out the "bumps" you are experiencing in life are not due to the "road"; rather, it's time to *prioritize your life.*

Rate yourself in each area of life by placing a dot on the spoke where you feel you are at this point. (Use 1 for poor; 10 for excellent.)

Now connect the dots to see the areas where you need to set new goals.

