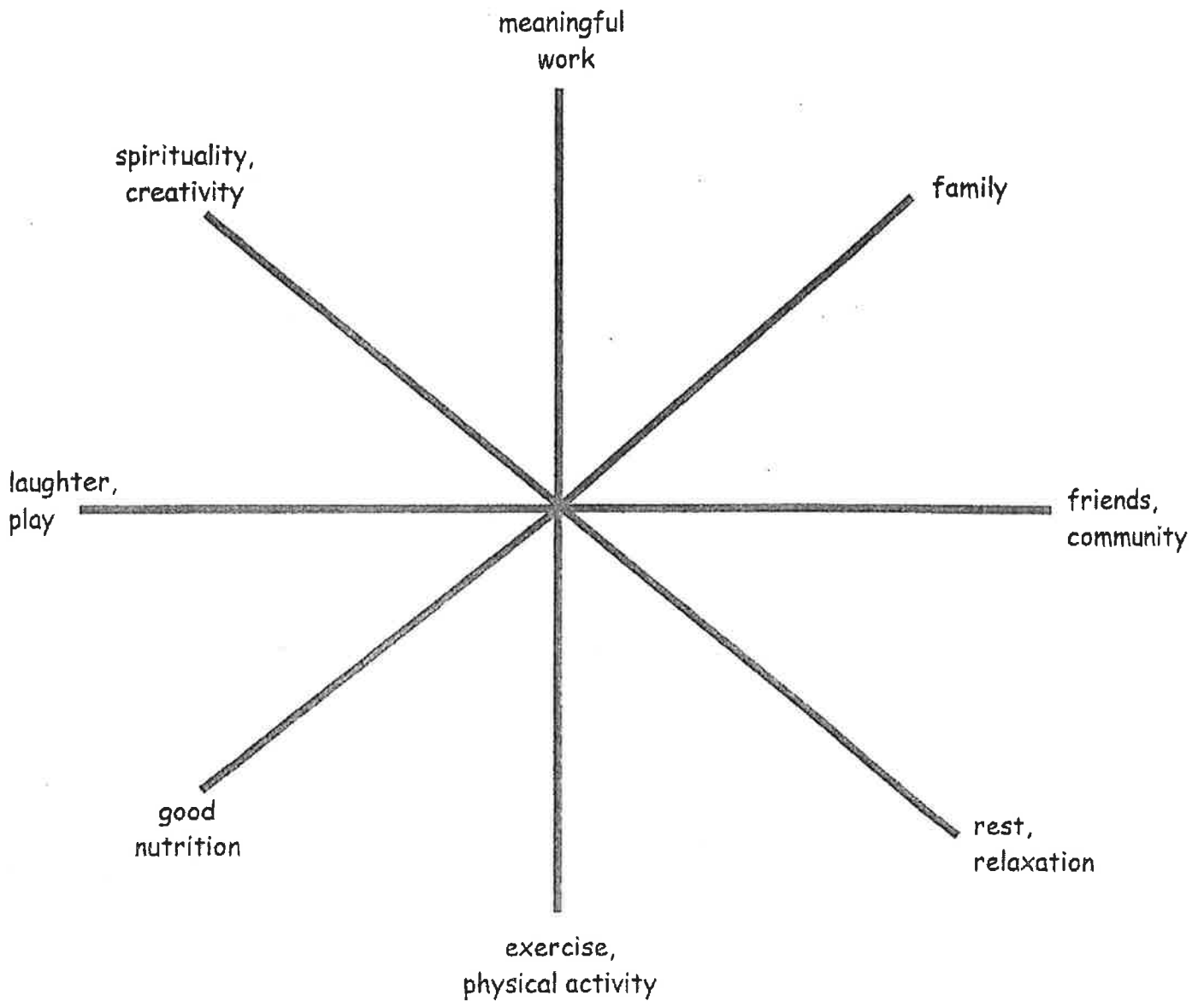


Self-care Balance and the wheel of life



To assess your current "life balance", rate yourself on each of these dimensions. Place a dot on the line which corresponds with your rating. A "0" will fall on the center point; a "5" falls on the end of the line farthest from the center. Connect the dots. How does your wheel roll?

0 = no energy put into this category
5 = maximal energy put into this category