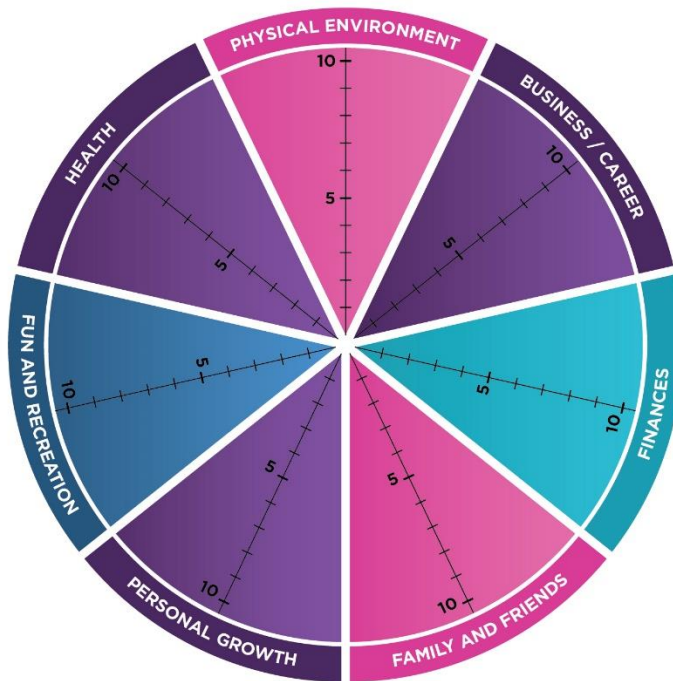


Creating balance in your life

Thinking about these different aspects of your life and work draw a line across each segment that represents your score in each area.

The centre is a 0 and the outer edge is 10. Choose the score between 1 (totally unhappy) and 10 (totally happy)

IMPORTANT: Use the first number (score) that pops into your head, not the number you think it should be!



These are the key things that I want to change or implement to improve my scores.

1.

5.

2.

6.

3.

7.

4.

8.