

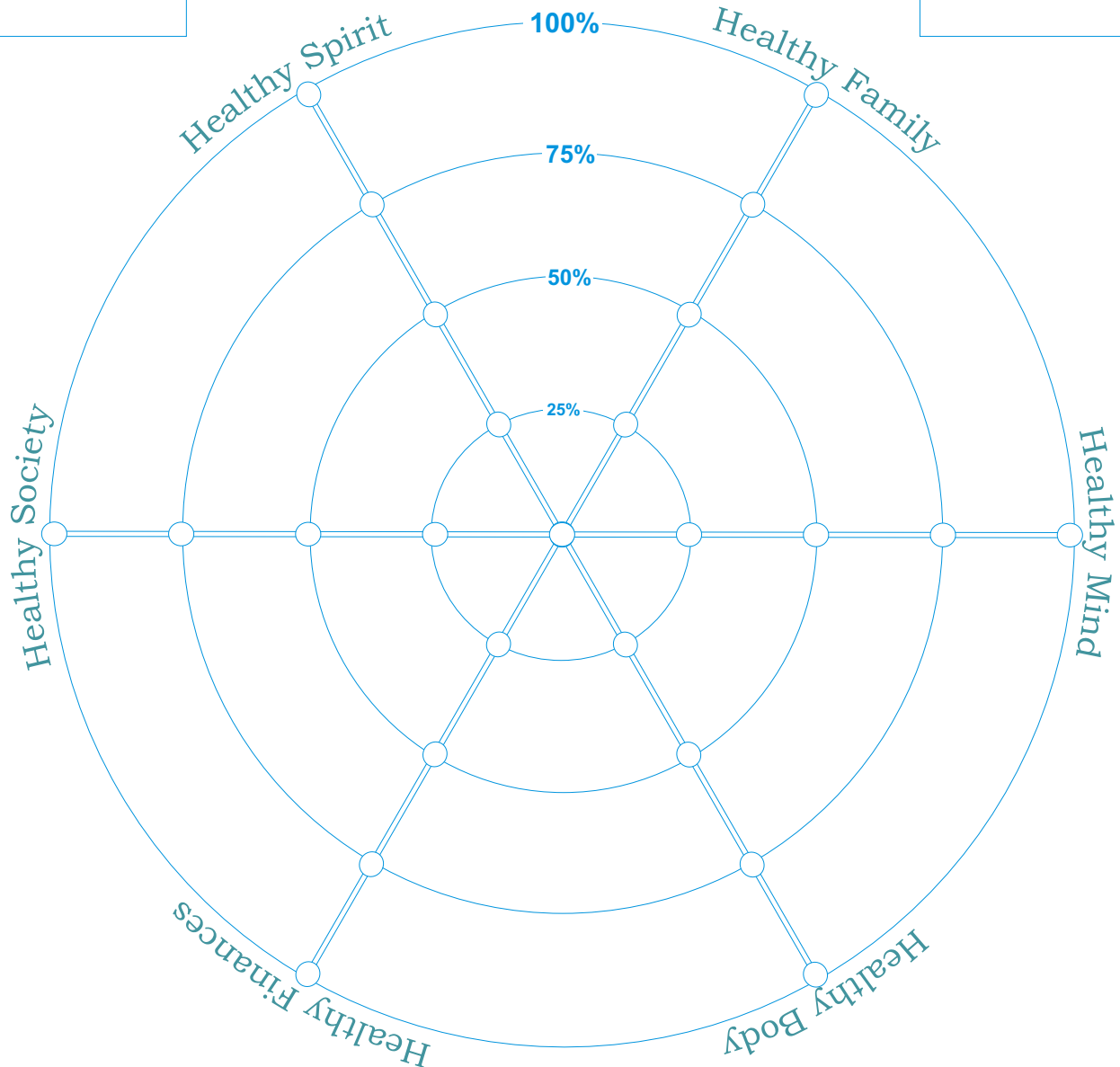
THE BALANCE TEST

How balanced is your life? Do you have a “flat” in your wheel?

Rate your % of satisfaction in each of the six areas. Place an “X” where you believe you are today. Connect the X’s. How balanced is your life?

2 most balanced areas

2 least balanced areas



Rank each of these areas in your life in order of importance from 1 to 6, with 1 being highest and 6 being lowest.

Healthy Spirit

Healthy Family

Healthy Mind

Healthy Body

Healthy Finances

Healthy Society