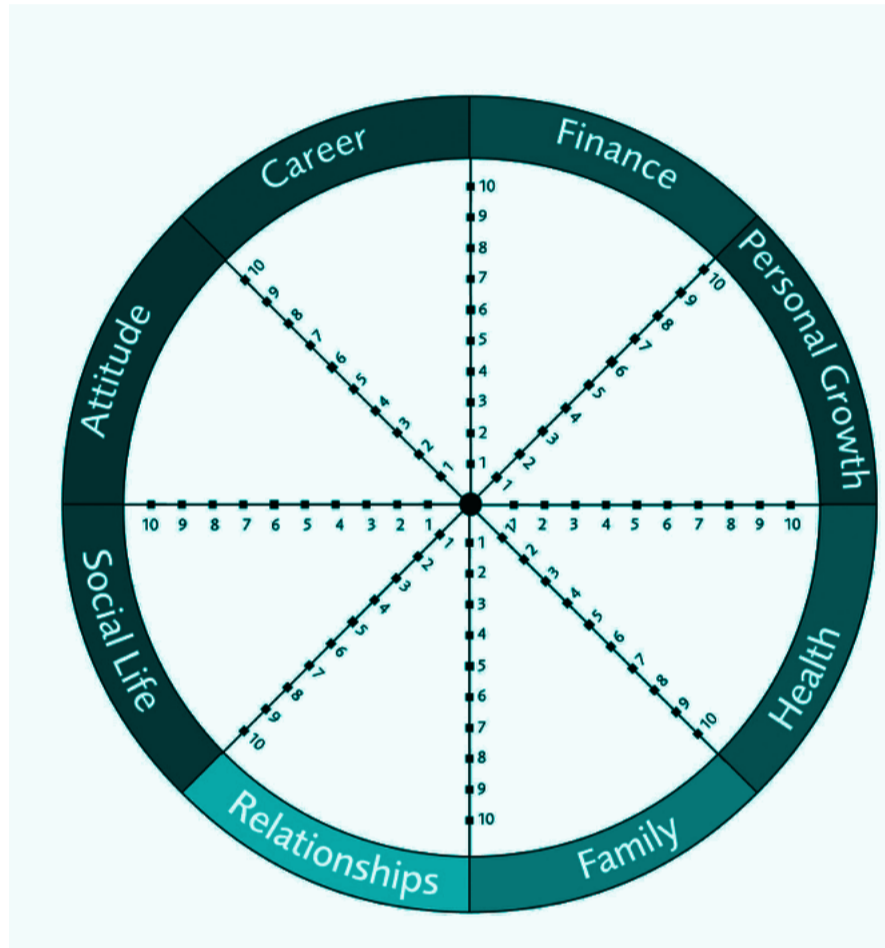




# Life Wheel



1. Using 2 different colors of pen, add a dot of where you are now
2. Using the opposite color pen, add a dot of where you would like to be
3. After completing each section connect the dots to visually show the balance or imbalance, to see where you need to redirect energy and focus to create harmony.

By recognizing the gap or the blind spots that develop through everyday living we now create an action plan to re-establish desired balance (in a measurable way) experiencing a smoother and more enjoyable ride or experience with our lives.

This is a snapshot, a tool in your toolbag that will aide you on your journey, you can revisit this regularly and reassess your balance.





