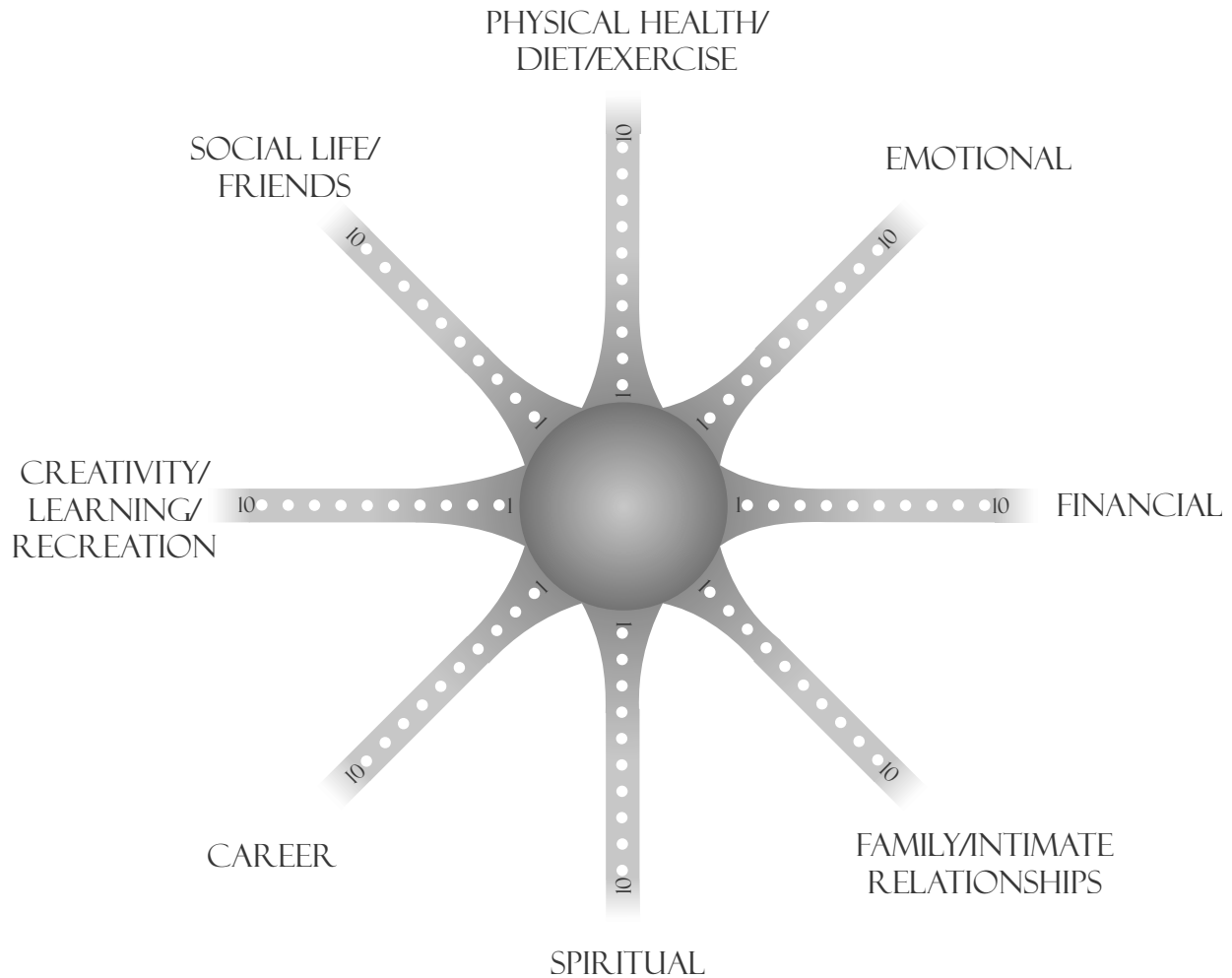


8 AREAS OF LIFE BALANCE WHEEL

Name: _____

Date: _____



On the diagram above, mark on each area how happy you are now, where 1 is poor and 10 is optimal.

What are the 3 most important areas in life to you? (the areas you are most eager to work on now)

1. _____
2. _____
3. _____

What is your top goal for each of the 3 most important areas? (1, 2, & 3 above)

1. _____
2. _____
3. _____



QUANTUM VITALITY

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