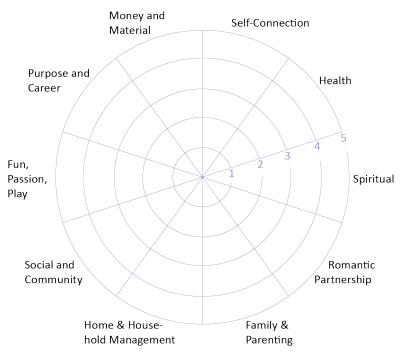


Balanced Life Wheel

Referencing the ratings, reflections and Heart's Desires you wrote in the previous section, shade in the Balanced Life Wheel below. Rate your current level of satisfaction, well-being and alignment with your Heart's Desires.

- 5 Fully in alignment
- Not at all in alignment







Priority Focus:

Reflecting on the current state of your Life Areas, as well as your visions of what you'd like them to be (Heart's Desires), consider—two months from now, what would you most like to see shifted? Further in alignment with your hearts desires? Identify 1-3 priority life areas to focus on over the next two months. Include 1-2 Heart's Desires for each focus area.

1	
2	
3	
Notes	