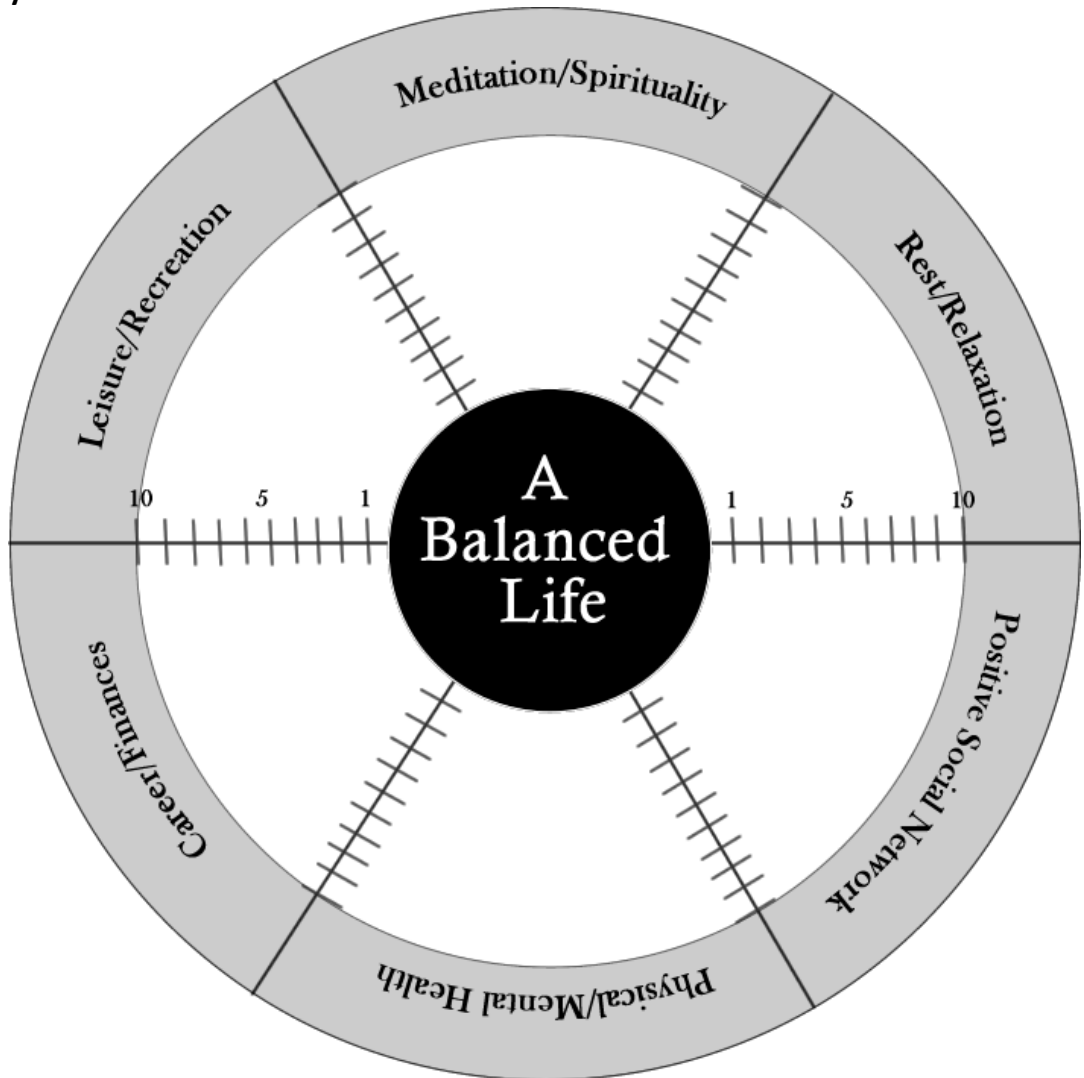


BALANCE WHEEL

Look at this wheel and think about how happy you are in each of these six areas of your life. Rank each area between 1 to 10, 1 being completely unsatisfied and 10 being completely satisfied. Now with a marker, fill in each area. **How balanced is your life?**



Adapted from *Recreating a Sober Life Through Balanced Leisure* by Taralee Heller. More information is available on HealthyStepsForLife.com.