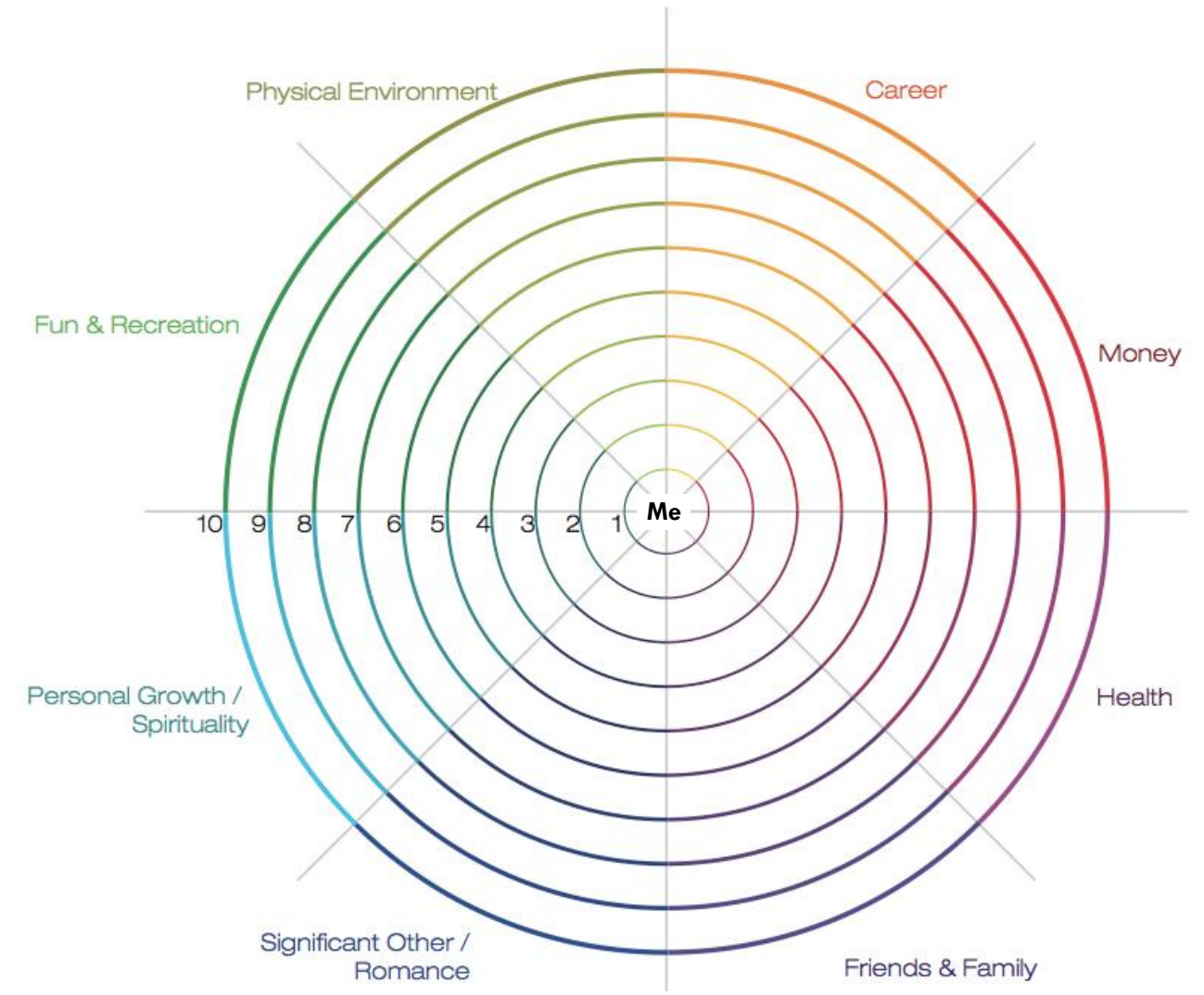


The Wheel of Life

Color or gray out how you feel in each of those areas for 1-terrible to 10-amazing.
No judgment. It's just a baseline.



Is your wheel balanced?

Which area are you grateful for?

Which area could you improve at least by one level by making a simple change?