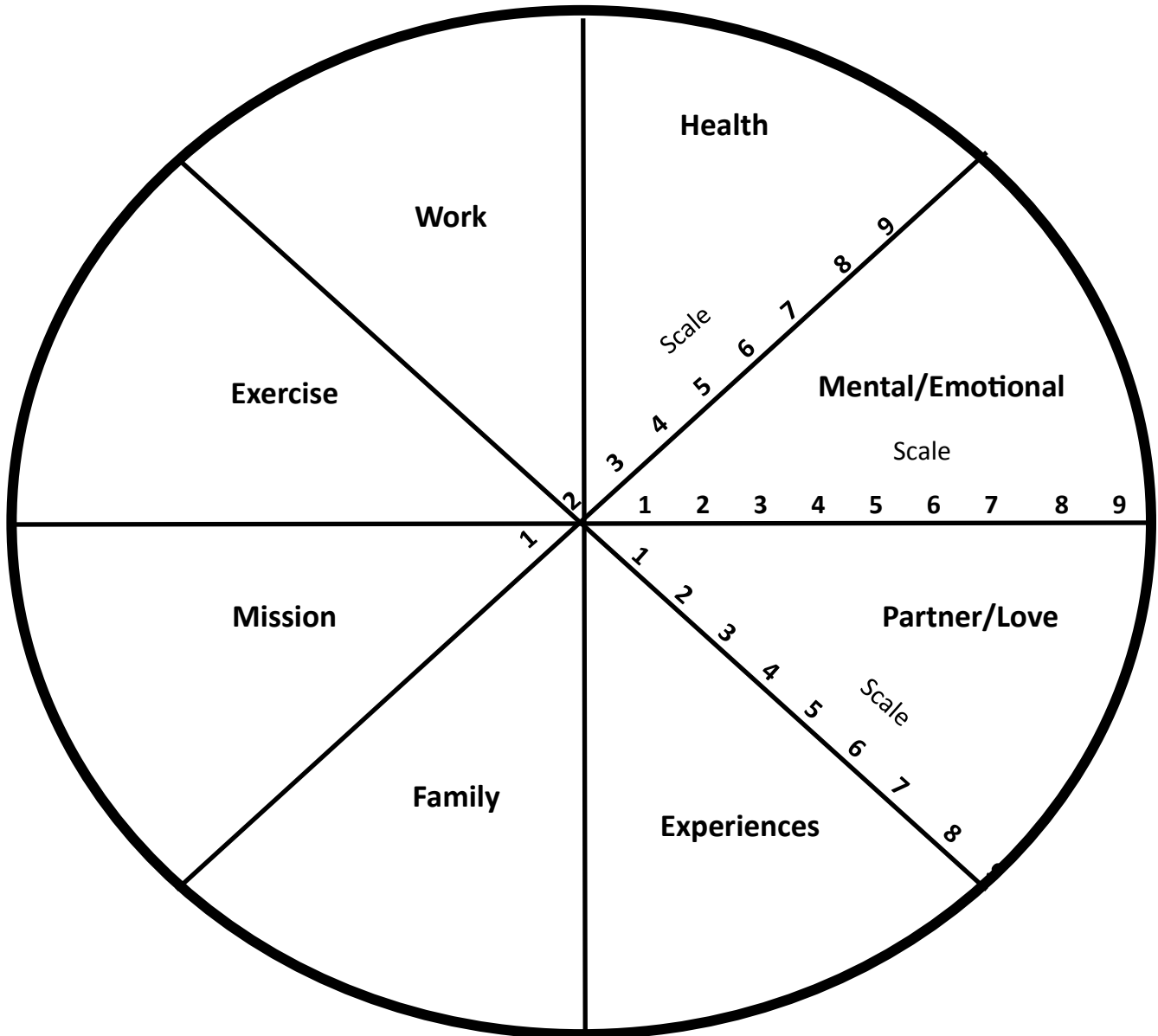


Whole Life Assessment

Rate yourself in various areas of life on a scale of 1 to 10 with 1 being not good and 10 being awesome.

Imagine that this is a wheel and when it is full and round it rolls along really well. When an area is low the ride gets really bumpy! To create your wheel: If you are a 9 in health, draw a curved line through the health segment at the 9 level, then move to the next segment.



Any thoughts, insights or realizations that come to you? Write here!