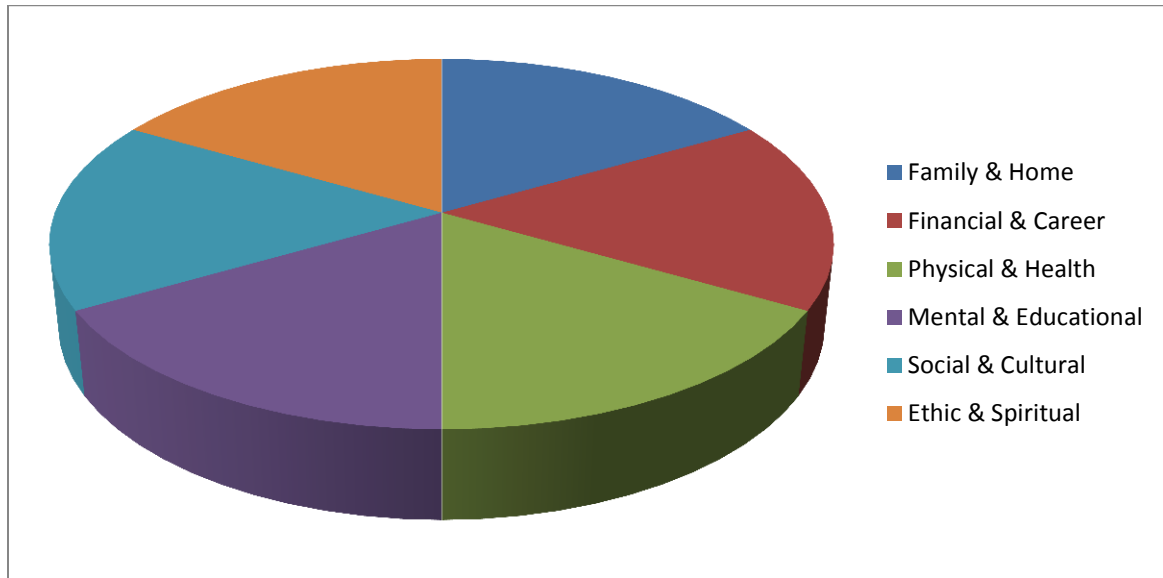


## Life Wheels

Another important part of developing a personal goals program is self-evaluation. A good place to start is assessing the wheels of life. This wheel is divided into six areas that are common to many of us, but not everyone. Take the time and see if these areas are comfortable to you, if not change them. The first illustration is a balanced wheel. Each of the six areas is equally balanced. While this ideal it is often not the case. Learn how to assess each of these are in the Goal Setting: Getting from here to there handbook or webinar series.

### Balanced Life Wheel



The next illustration is a demonstration of how a life wheel is when different areas have too much or not enough focus.

Example of Imbalanced Life

