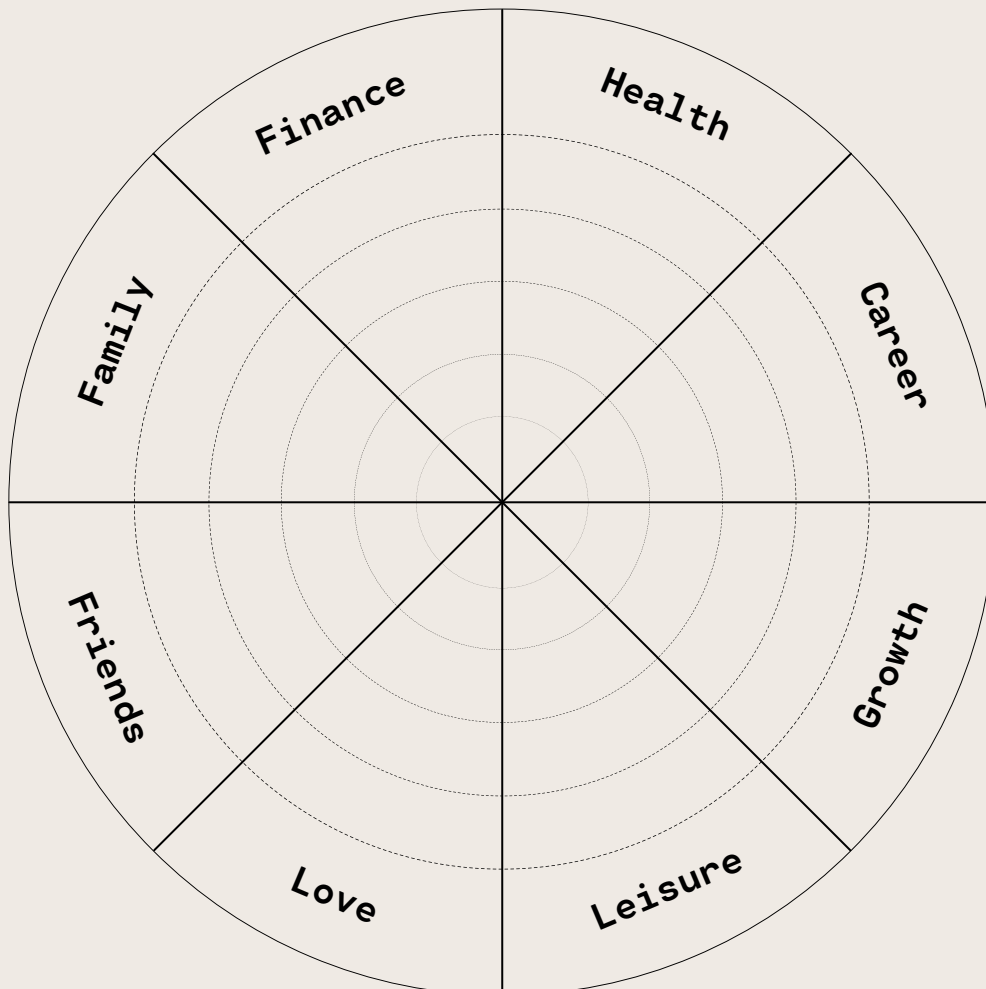


Soulbalance Wheel of Life

ASSESS YOUR LIFE PART 1

Assess your level of fulfillment for each of these areas
on a scale from 1 to 10
and shade the wheel accordingly.



Life in Review

ASSESS YOUR LIFE PART 2

For a deeper analysis, write down a short statement for each of the areas in part 1. How fulfilled and satisfied do you feel about each of them.

×

Family

△

▽

×

Health

△

▽

×

Career

△

▽

×

.....

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Reach The Goal

ASSESS YOUR LIFE PART 3

Choose two areas you'd like to work on over the next few months.
Write down a SMART goal for each of them.
List any actions you need to achieve your goals.

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NOTES AND THOUGHTS