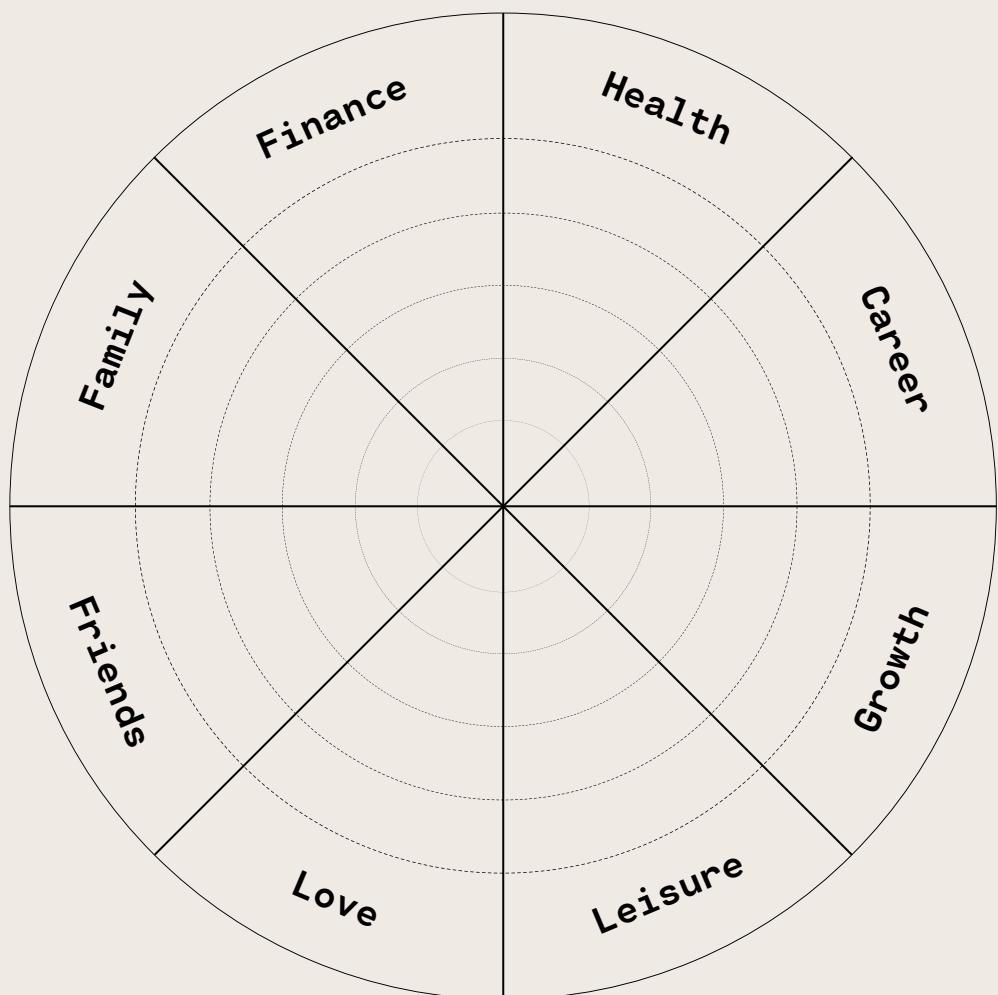


# Soulbalance Wheel of Life

## 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.

X	
Family	
	△
	▽

X	
Health	
	△
	▽

X	
Career	
	△
	▽

X	
.....	
	△
	▽

# 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.

		X
<p>.....</p>		
		□
		□
		□
		□
		□
		△
		▽

		X
<p>.....</p>		
		□
		□
		□
		□
		□
		△
		▽

# My Notes

## NOTES AND THOUGHTS