

MY BALANCED LIFE - WORKSHEET

WHEEL OF LIFE

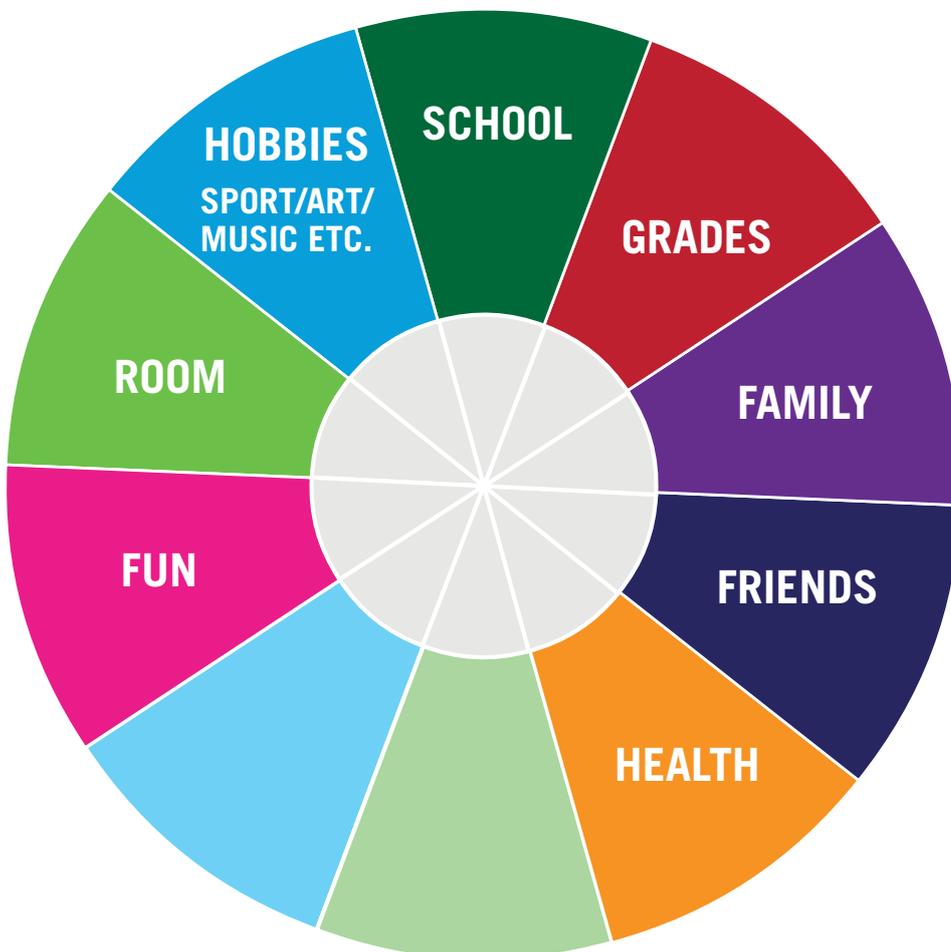
Rate your level of satisfaction in each of these areas.



1 = extremely unhappy



10 = extremely happy



School:

Your overall experience of being in class and being with your friends

Grades:

How happy (or unhappy) are you with your grades?

Family:

The people you live with.

Friends:

Have you good friends.

Health:

How healthy you feel, how much you exercise and your diet.

Fun:

How much fun you are having.

Room:

How clean or messy your room is and how happy you are with it.

Hobbies:

Have you a hobby and are you happy with this hobby?

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EXAMPLE
WHEEL OF LIFE



