

**MY BALANCED LIFE - WORKSHEET**

**WHEEL OF LIFE**

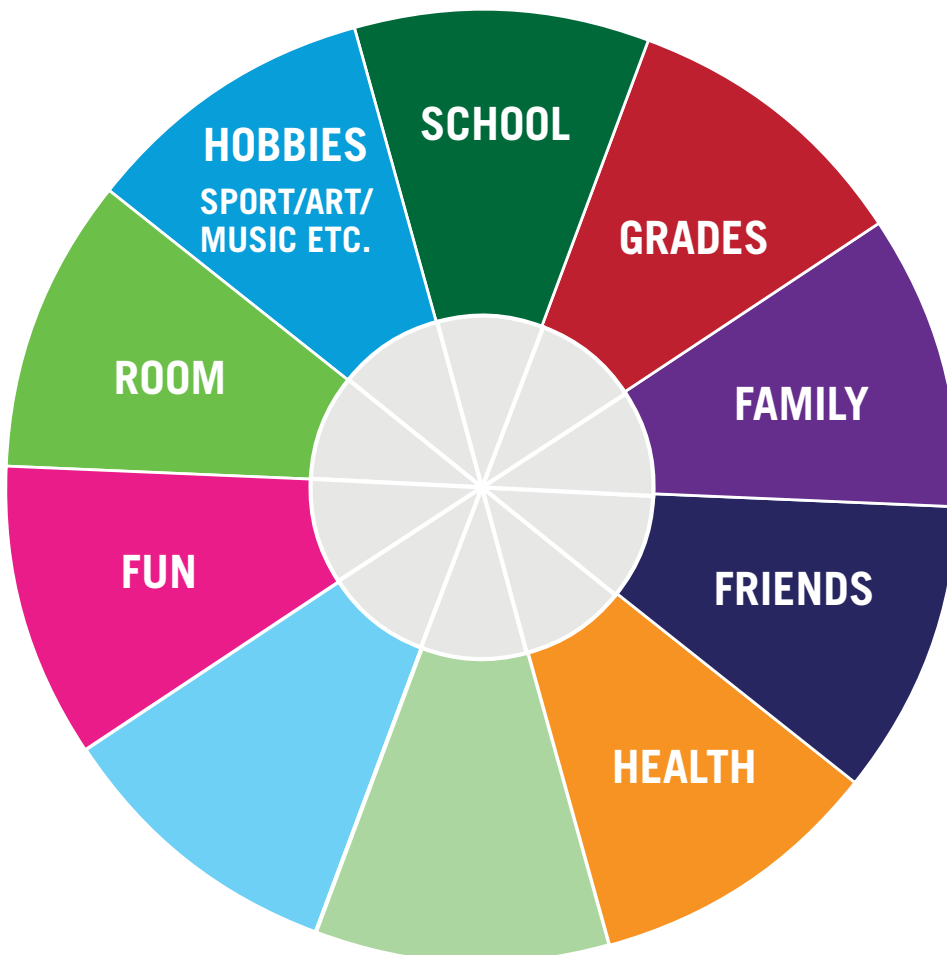
Rate your level of satisfaction in each of these areas.



**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:**

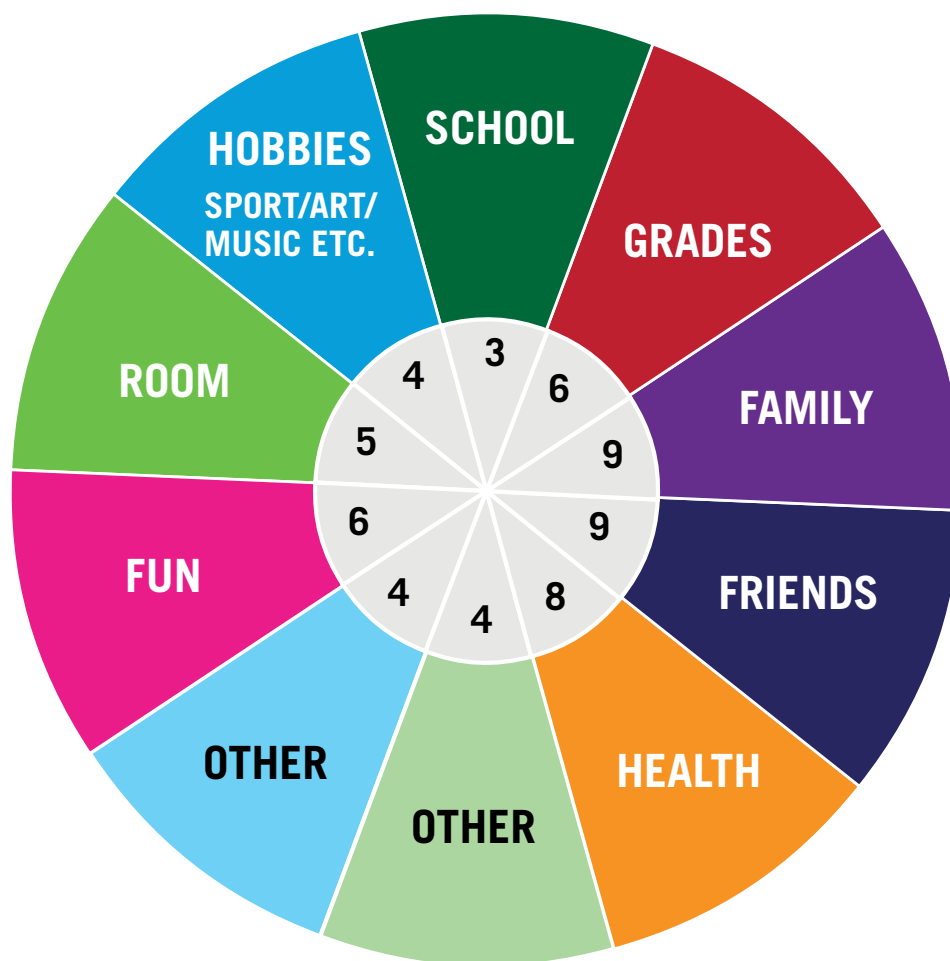
How clean or messy your room is and how happy you are with it.

**Hobbies:**

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

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**EXAMPLE  
WHEEL OF LIFE**



Choose one area of your life that scored low. Reflect on possible ways you could improve this aspect of your life and make it more balanced.

Aspect:

This image shows a single sheet of white paper with horizontal blue ruling lines. The paper has rounded corners at the top and bottom. There are approximately 20 evenly spaced lines across the page. The left edge of the paper appears slightly irregular, suggesting it might be part of a notebook or binder.