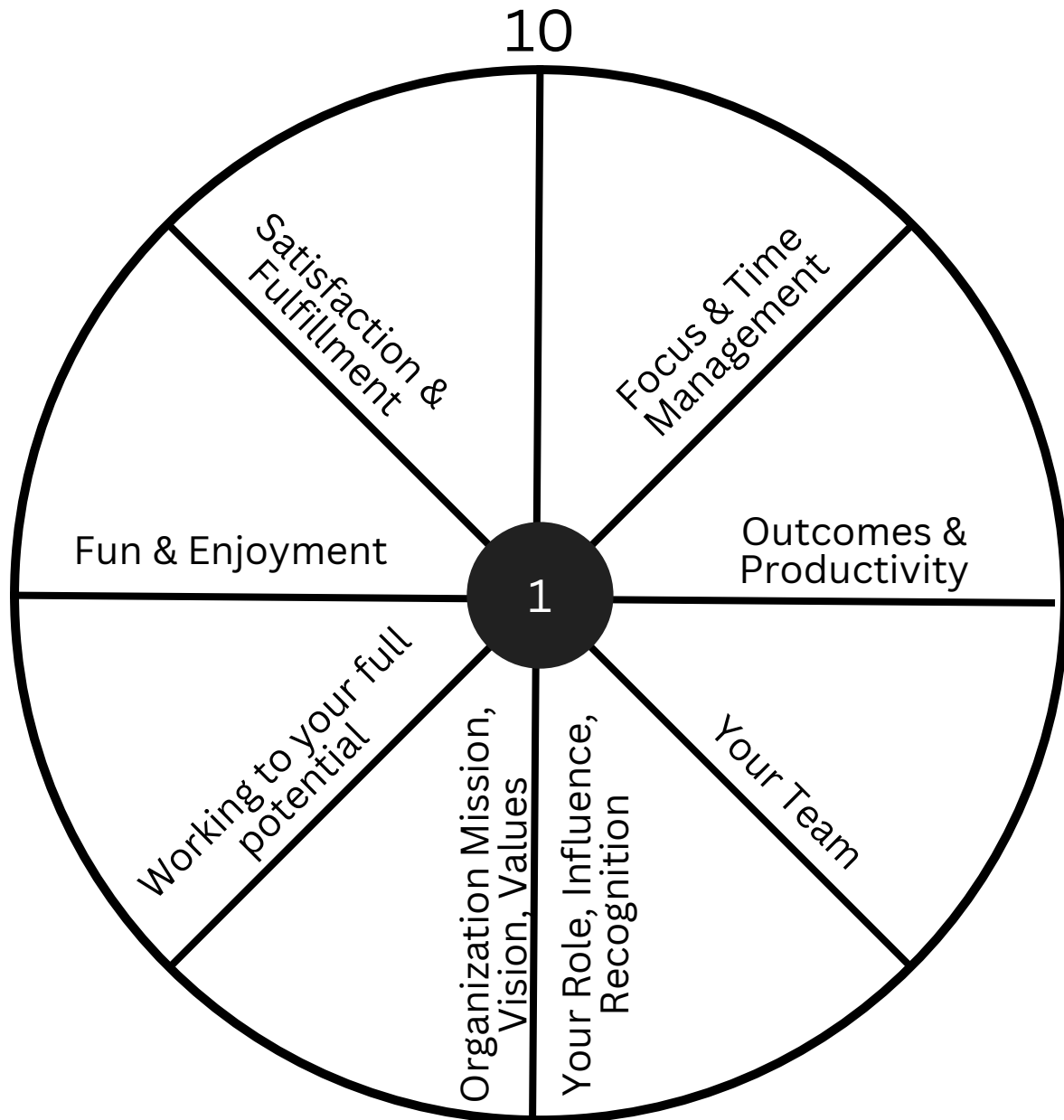


WORK WHEEL OF BALANCE

Rate each of the areas below from 1-10. Ten being "I am completely whole and satisfied in this area of my work life." One being "I am empty and depleted in this area of my work life." Explain the rating using the space in the wheel. Use the back of the page for more space. Be honest with yourself. You are not worth lying to. Your wholeness depends on it.



1. What are the two lowest areas?
2. What would move the number outward towards the 10?
3. What are two small and specific things you can start doing today that will help you move one or two steps towards the 10?