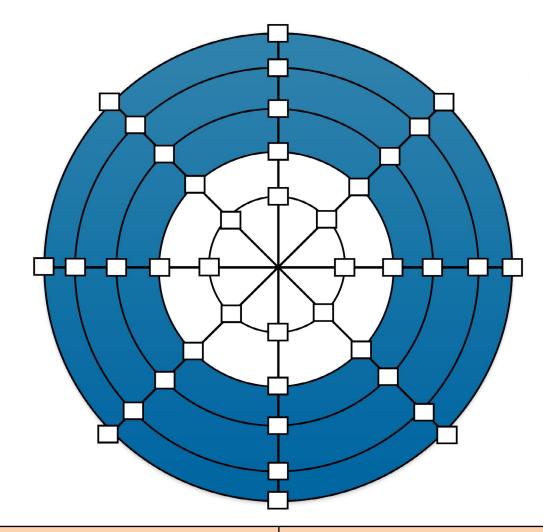




Wheel of Life Worksheet

• For instructions on the Wheel of Life, visit www.mindtools.com/rs/LifeWheel.



| Things I will START doing to regain balance in my life | Things I will STOP doing, reprioritize or delegate |
|--------------------------------------------------------|----------------------------------------------------|
| | |
| | |
| | |

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