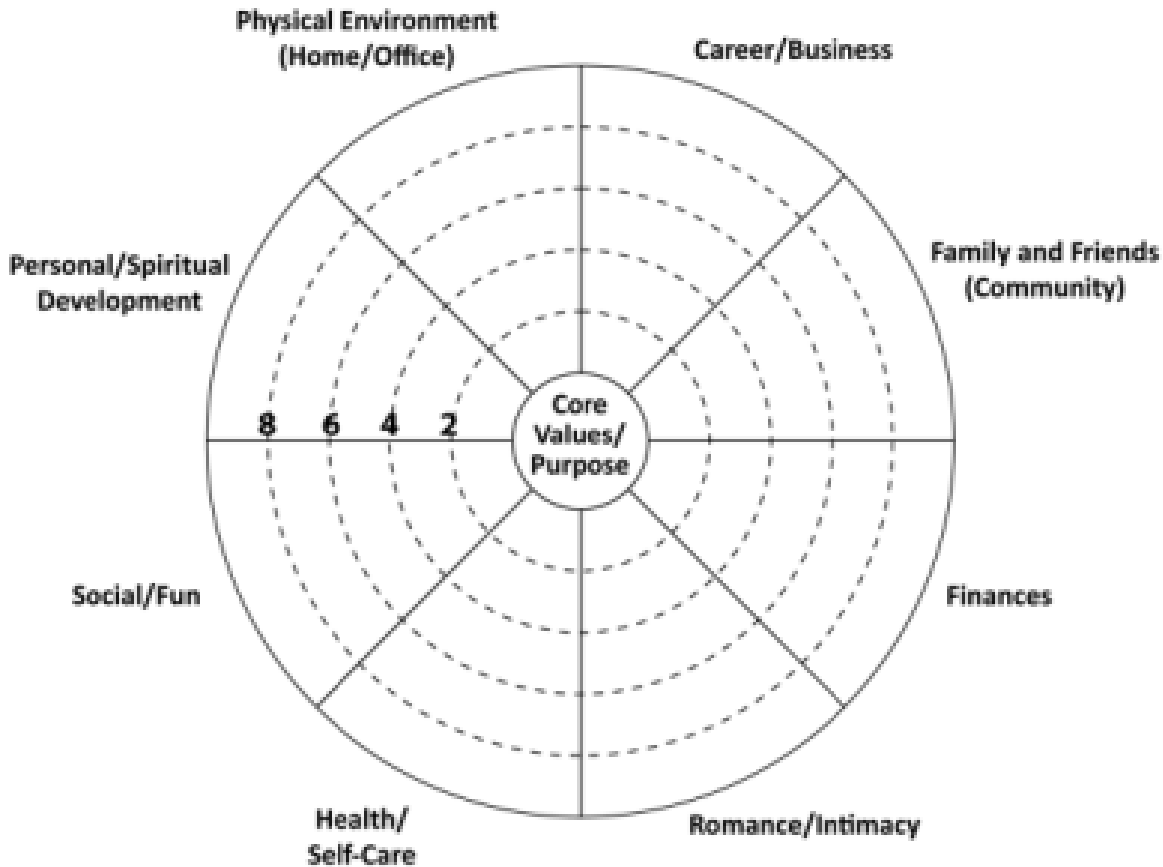


LIFE BALANCE WHEEL



The purpose of the Life Balance Wheel is to examine the various dimensions of your life and think about their level of importance and your satisfaction with them right now. If you think some of these areas aren't right or don't sound like you, feel free to change the labels to something that reflects more of your life. You do not have to have 8 dimensions; any number is OK.

Please mark the wheel (with an "S") according to the how satisfied you are currently in each of these areas of your life, on a scale of 0 to 10 - where 0 is completely dissatisfied and 10 is completely satisfied.

Now mark the wheel (with an "I") as to how important each of these life domains are to you currently and into the foreseeable future - where 0 is not at all important and 10 is of greatest importance.