Personal Balance Wheel for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*On the blank line, write one other priority that is very important to you, e.g.: skating lessons, etc.*

*In each section of the wheel, write at least one activity that is important to you, in that category. Judge how much attention you are giving to each of these areas. In each section, write down whether you think you are giving that part of your life too much attention, not enough attention, or just the right amount of attention.*

FRIENDS

MY GOALS

FAMILY

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SCHOOL & HOMEWORK

TAKING CARE OF MY HEALTH