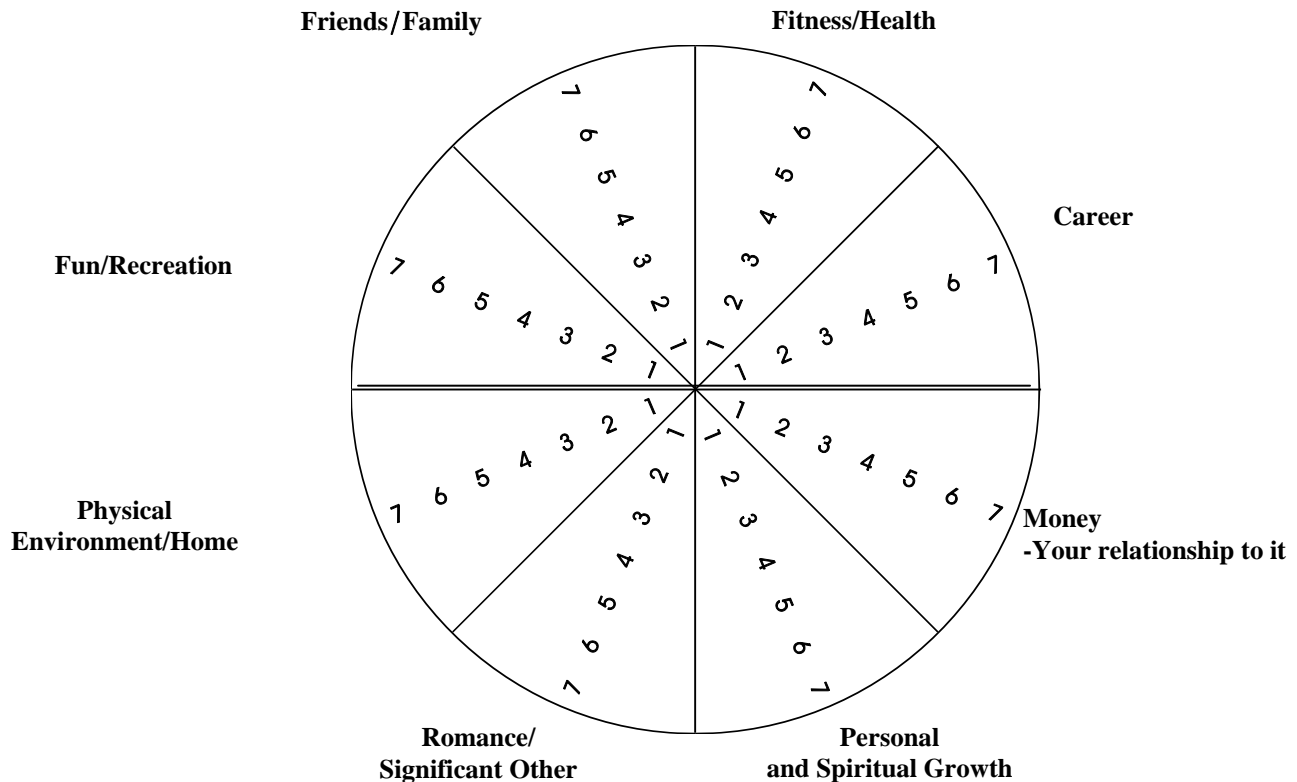


## NEW YEAR'S WORKSHEET

### Life Balance Wheel Exercise:

Within each area, type or circle the number that best represents your level of satisfaction in that area of your life for the last year. ("7" = Satisfied; "1" = Dissatisfied)



When you are making goals and plans in the New Year and planning out your New Year's Resolutions, you want to take into consideration everything on the wheel that is a 5 or less. Remember that every aspect of our life affects the others. Set goals in each area of your life for the next year.

Take an hour to think and write about what each area would be like for you, if you rated it a 7. Look at each area individually and envision it is currently at a 7. What would be different? How would that feel? This will help you develop your vision of what you want your life to look like. Keep in mind that your career can be a big part of that vision, and the other areas CAN affect your career

