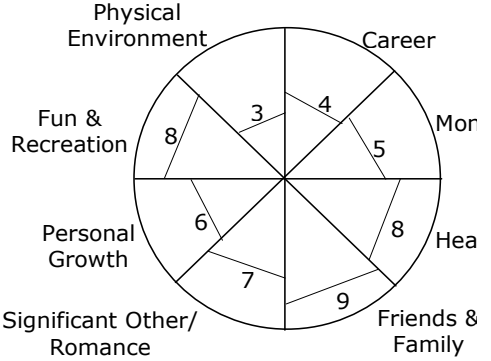
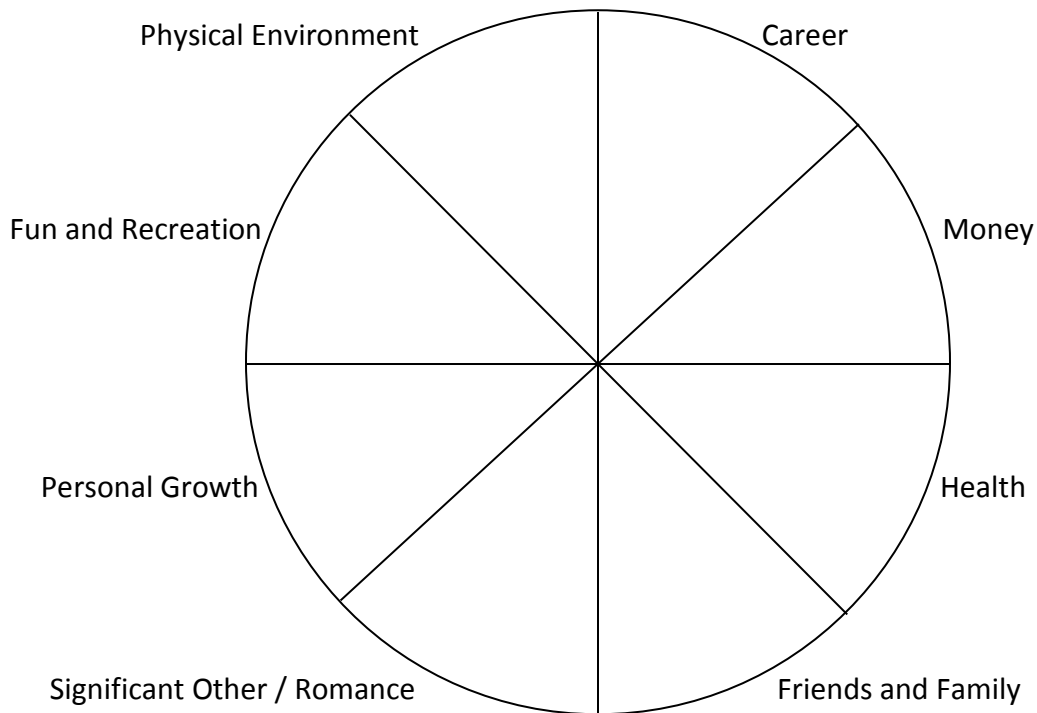


## TAKING STOCK: PERSONAL

Directions	Example
<p>The eight sections in the wheel below represent Balance. Seeing the centre of the wheel as 0 and the outer edge of the wheel as 10, rank your level of satisfaction with each area of your life by drawing a straight or curved line (see example opposite).</p> <p>The new perimeter of the circle represents your life as it is at present. How bumpy would the ride be if this were a real wheel?</p>	



## TAKING STOCK: PROFESSIONAL

### Directions

This time, the eight sections in the wheel below represent Balance in your work or professional life.

What things are most important to you in your work? These are the sections of the wheel. Do you have more than eight?

Seeing the centre of the wheel as 0 and the outer edge of the wheel as 10, rank your level of satisfaction with each area of your working life by drawing a straight or curved line.

The new perimeter of the circle represents your working life as it is at present. How bumpy would the ride be if this were a real wheel?

