

# Wheel of Balance

- As you're setting goals, think about all the areas in your life that are important to you - personal and professional.
- Draw a circle and break up that circle into 5-8 areas. (For example, the circle can include money, relationships, creativity, family, career, health. Then shade in each section. The deeper the shade, the more you're prioritizing that section.)
- As you fill out this wheel, think through:
  1. What insights do you have?
  2. What areas do you want to prioritize that you're not currently prioritizing?
  3. What else do you want to add to the wheel?

