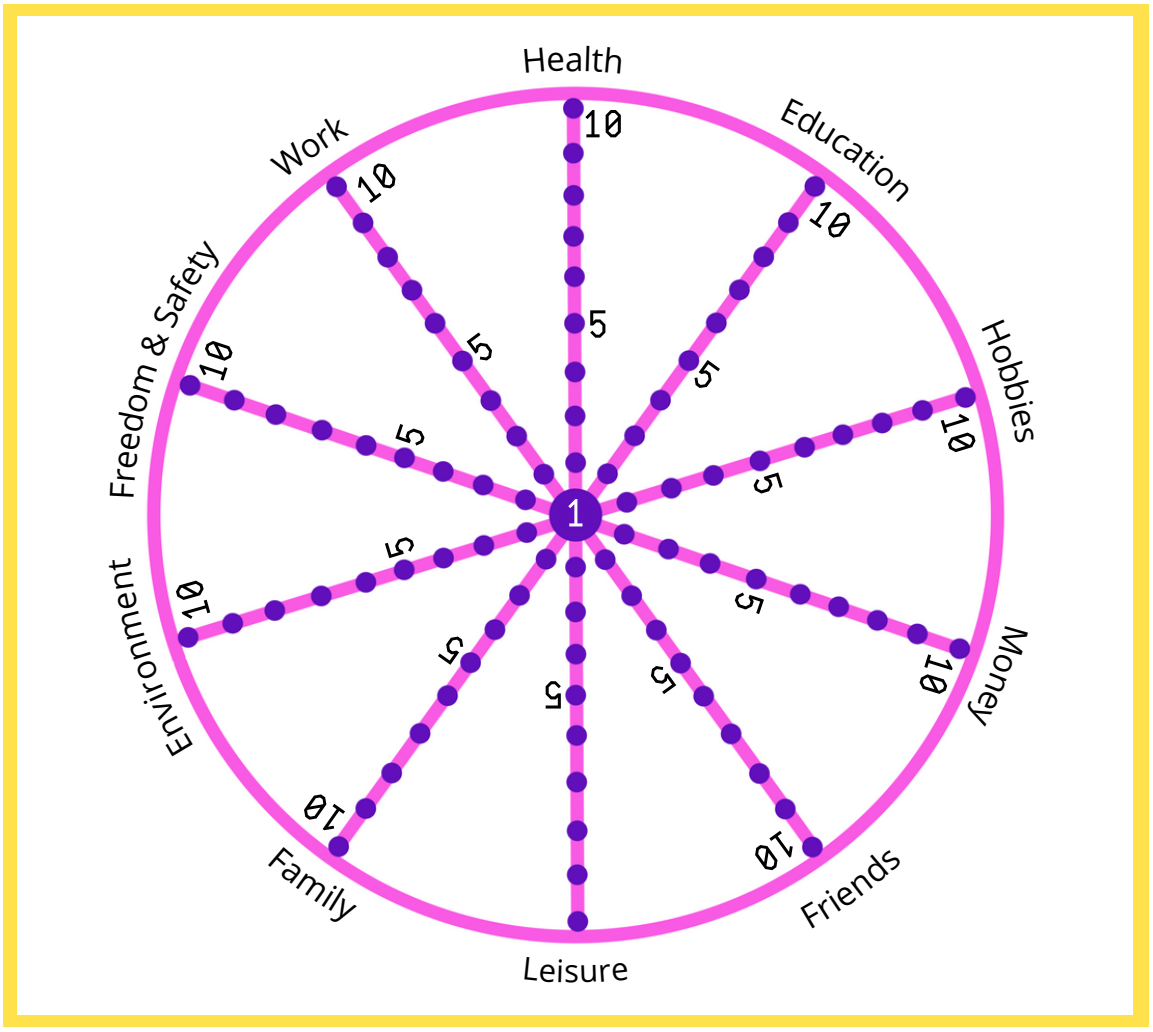
# Worksheet "LIFE BALANCE WHEEL"




**QUESTIONS FOR SELF - REFLECTION**

- How did you feel evaluating your life according to individual categories?
- Was there a category that surprised you when you saw the result? Why?
- Which category would you want to score the highest? What should be done to achieve this?
- Look at each category separately. Is it within your power to change the result for the better? How?
- Choose 3 categories.
- Write a 5-step plan that you could take to improve the result in each of them.

# notes & reflections