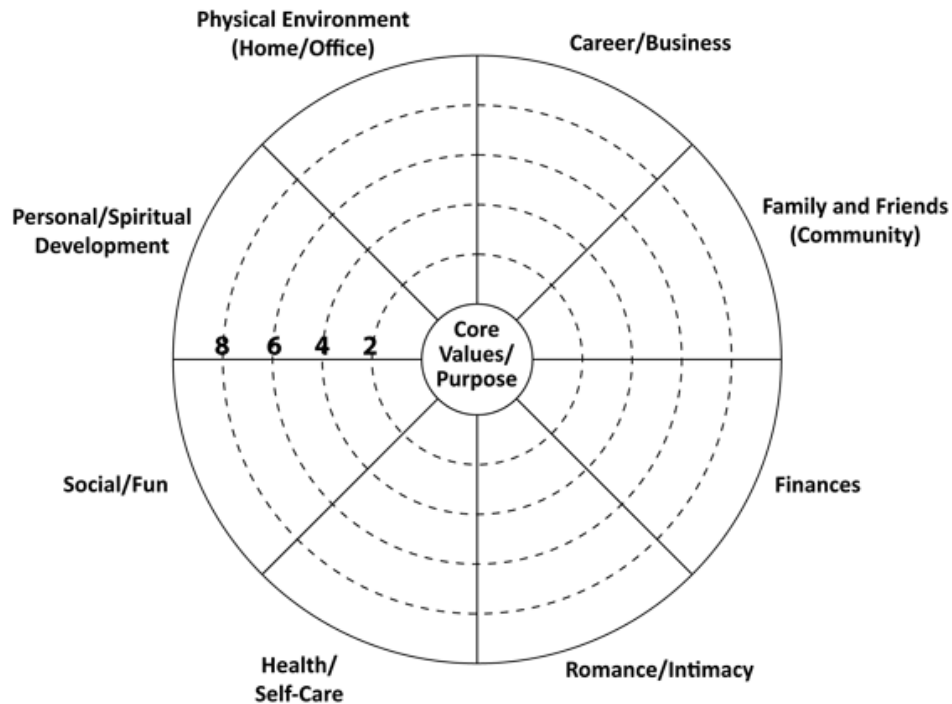


Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Wheel of Balance-How Well do You Roll?



How we feel is influenced many factors and changes over time. Using the circle, fill your level of satisfaction in each area as it relates to you.

For example, if you are 80% satisfied in your home office, fill in 8 levels of the home office section starting from the center.

Do the same thing for each area of your life, feel free to add clarifying notes on the side. Get as creative as you like.

*Adopted from Dr. Dick Thom, DDS, ND*

**Everyday Wellness Clinic**  
**1033 SW Yamhill #300 Portland OR 97205 503.222.1315**  
**[bewelleveryday.com](http://bewelleveryday.com)**