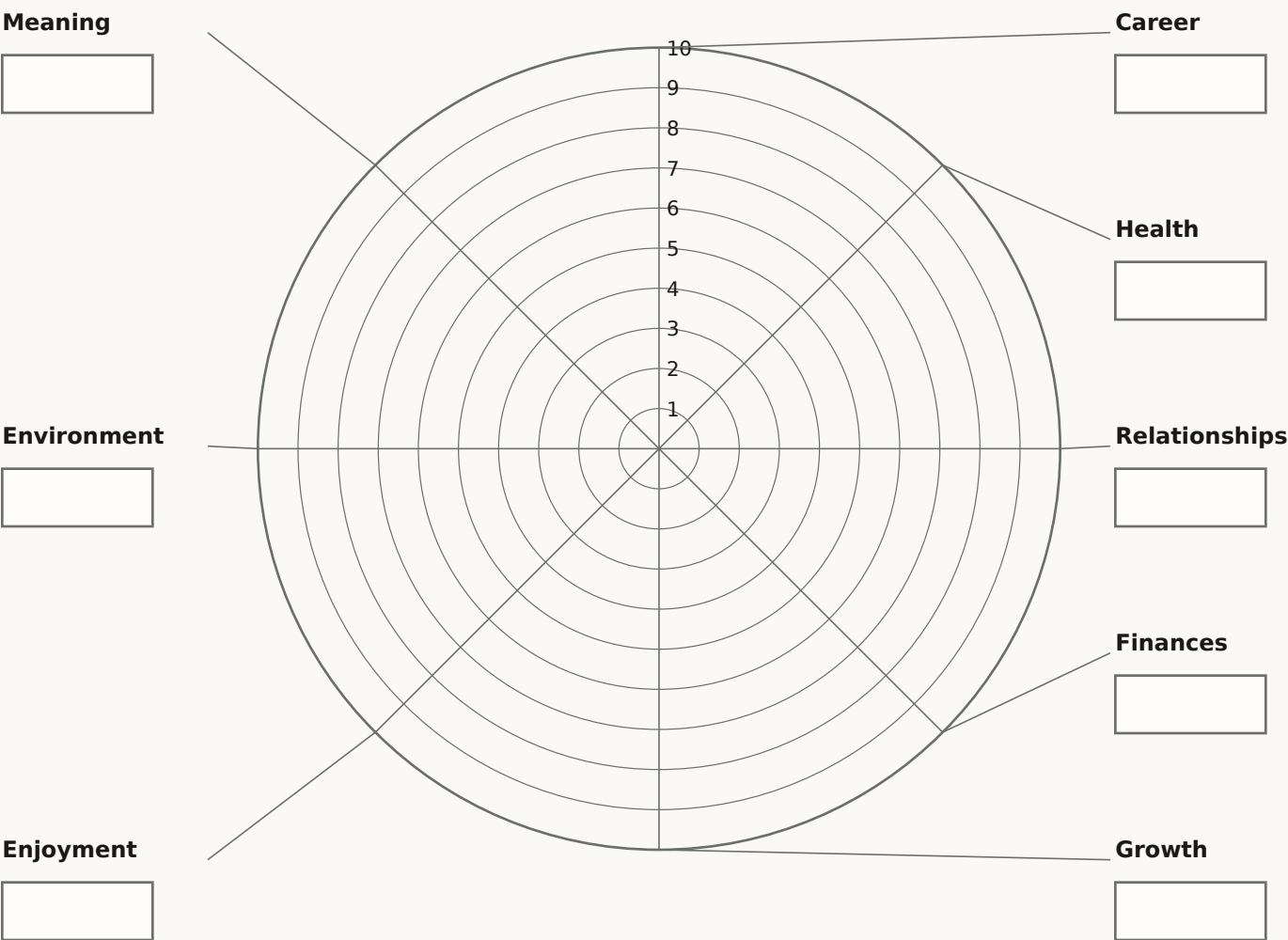


Life Balance and Next Steps

10–15 minutes. Rate satisfaction today: 0 = very little, 10 = as much as you want. Equal scores are not the goal; skip areas that do not fit.

1. Your snapshot today

Choose scores using your own meaning for each area.



Score each area from the centre (0) to the outer ring (10).

Blank means unanswered; N/A means not applicable. PDF score edits do not redraw the wheel.

2. Notice and choose

Snapshot date / area missing

One area to explore and why

3. Choose a manageable step

One small action and when

Support needed / review date