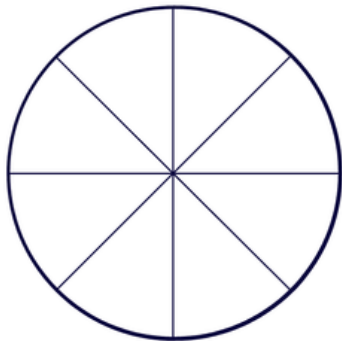




# Finding Balance

*Finding balance in the various areas of our life leads to greater life satisfaction and mental/physical wellbeing*



**Label your wheel with the different categories of your life.** *Examples: School, family, friends, work, spiritual, physical/mental health, fun/hobbies.*

- Are there any areas of your wheel you would like to spend more time with?
- Are there any areas of your wheel you would like to spend less time with?
- Is it possible for you to prioritize your time in a different way?