



## Teen Life Balance Wheel

The Teen Life Balance Wheel is a simple and easy way to get a snapshot of your life as you see it today. Think about each section of the wheel as it relates to your life right now. Then draw a straight or curved line in each section to indicate where your life in that category is at this point. The inside of the wheel is 0, nowhere near where you want that category to be in your life, to the outside of the wheel which is 10, exactly where you want to be in that category. Once you create the new perimeter of your Life Wheel, you will be able to see what areas to focus on to create a smoother ride in your life.

My Name Is \_\_\_\_\_ Today's Date Is \_\_\_\_\_

Once you've marked each category, make a copy of this Wheel and send it to me. We'll discuss what this means for your life and use it to guide what we work on together.

