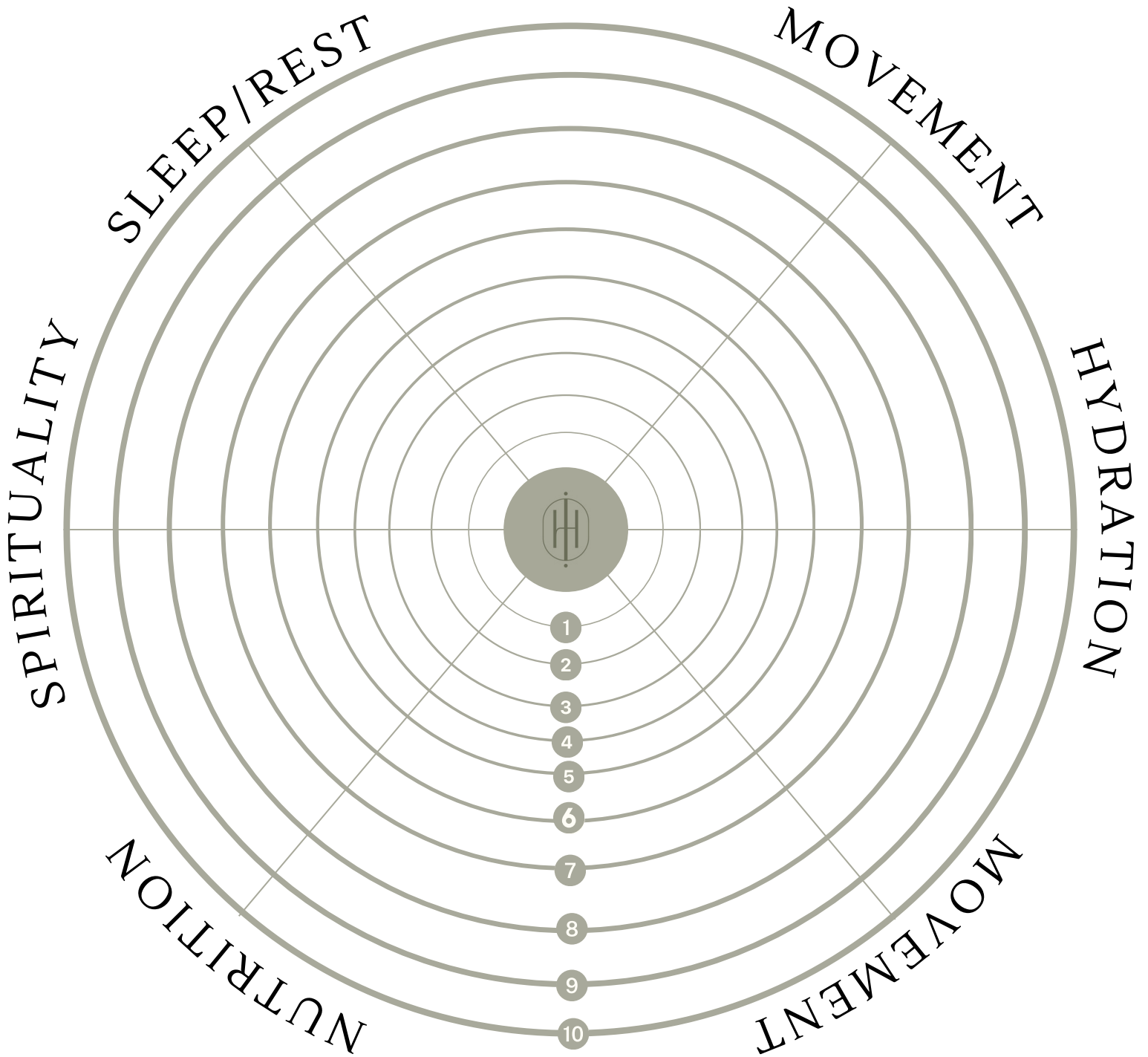


# BALANCE CHART

On a scale of 1 < 10 add a dot within each category to grade yourself on how well its prioritized/practiced. Once complete, connect the dots to see how circular (balanced) you are.



Reflect to see if/where you need to round out your circle, or if there is room to create a bigger circle for optimal wellness.