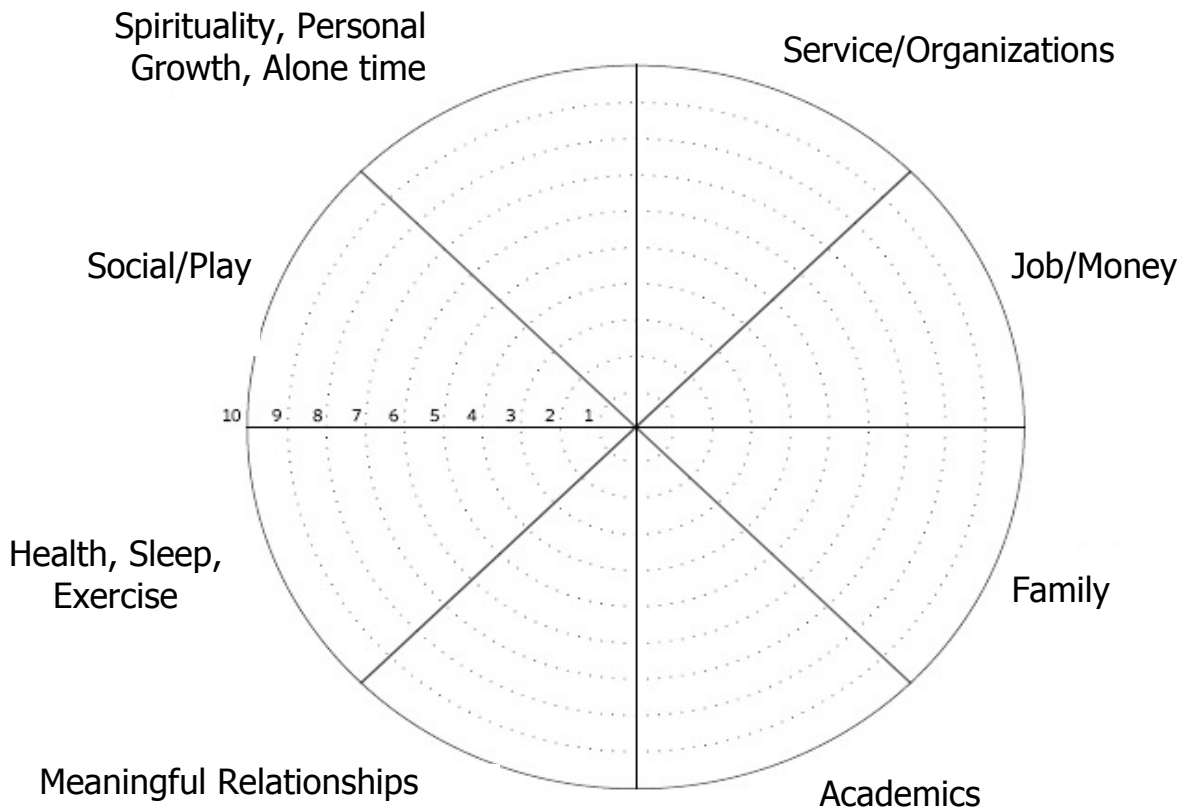


Balance Wheel for College Students



Name: _____ Date: _____

Complete the wheel by scoring each area of your life—as it is today—with a 1-10 ranking that represents the percentage (1=10%) of your energy that this area currently receives.

Next, use a different color and again rank each area 1-10 for how satisfied you are with the energy you put into this area as compared to what you believe you **should** do.

Finally, rank each area with an ideal given what you know about you, about college life, about your goals and dreams, about the “gotta do’s” in life.

How might you refocus your energy to make the wheel of your life a smoother ride? How might you change the quality of the time and energy you spend in each segment of the wheel?