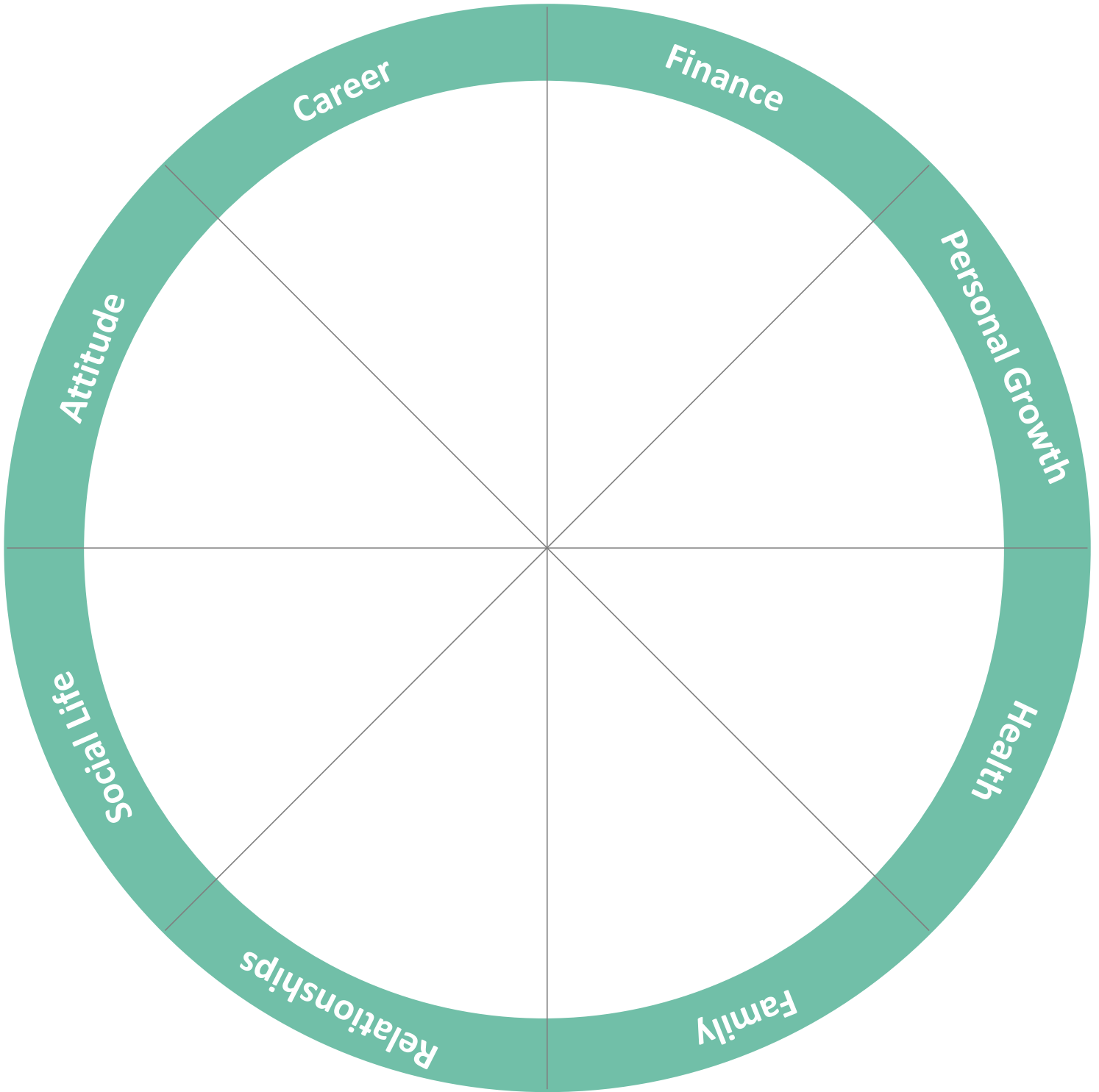


LIFE ABUNDANCE

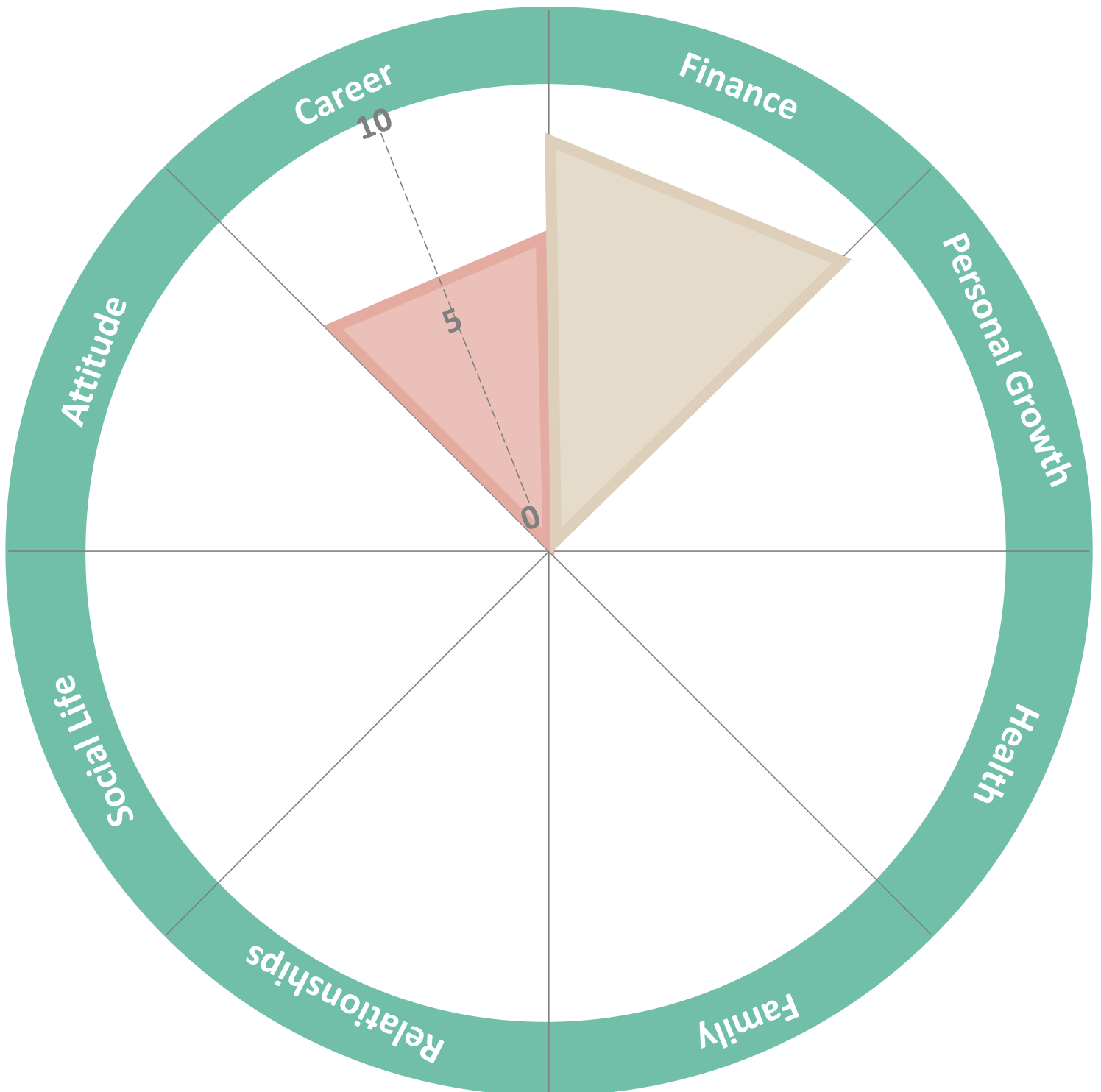
progress wheel



LIFE ABUNDANCE

progress wheel

Directions: Imagine each wedge is a scale from 0-10. Then, color in each wedge to the number that best answers this question, "On a scale of 0-10, how close are you to being fully fulfilled in your career? Finances? Health? Etc."





THANK YOU FOR USING ONE OF OUR RESOURCES!

about your specific resource:

If it matters, measure it. Our life satisfaction and balance are constantly changing. Use this tool every quarter (or month) to do a quick temperature check on your overall health and well-being. It's a quick, simple and enlightening exercise to do independently or at a staff meeting.

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