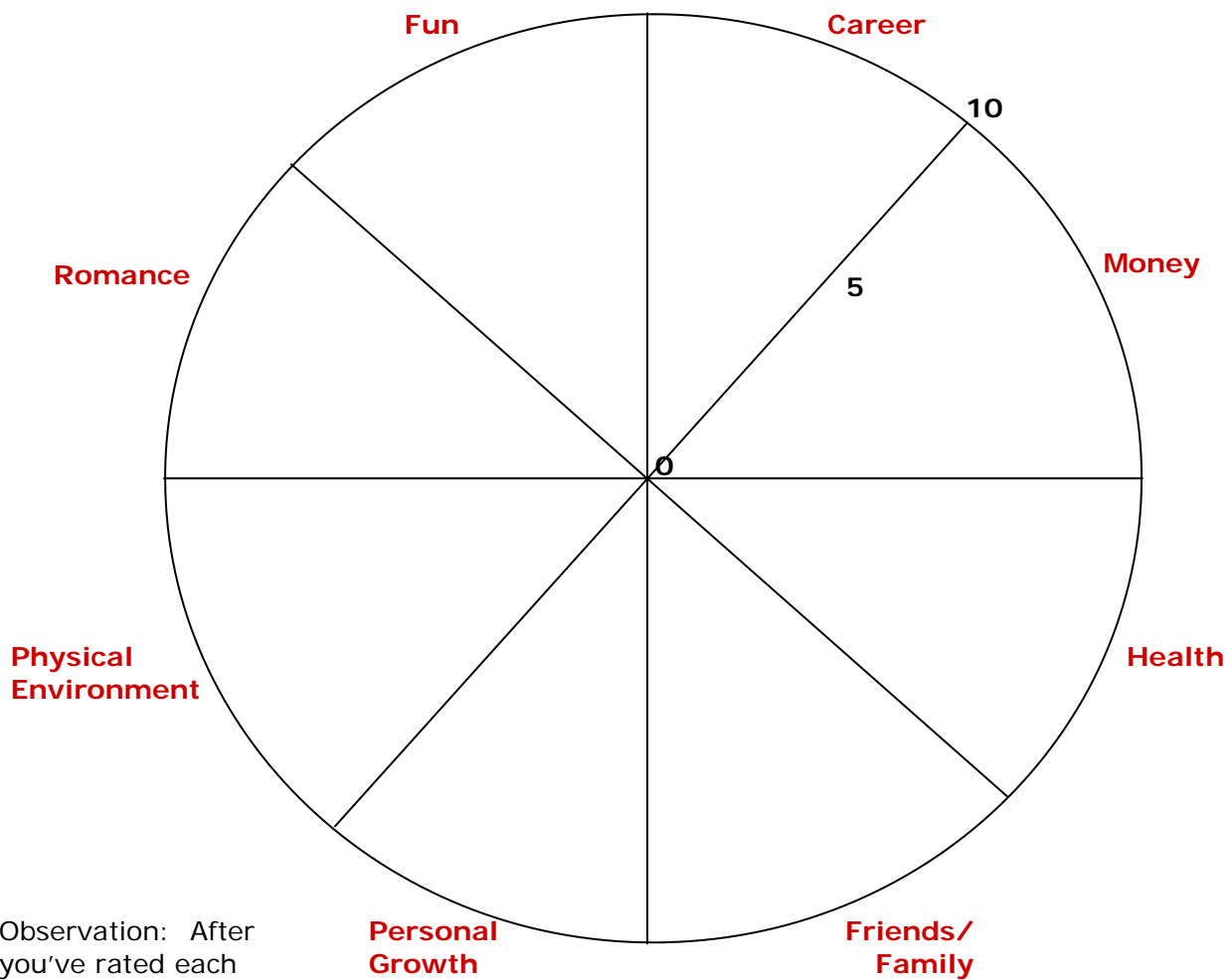




**Today is your day!**  
Everyone is capable of living their dream. All it takes is **courage**, **determination**, and **inspiration!**

## Life (Balance) Wheel

Exercise: Take one moment in time and consider "how satisfied you are" about each segment in the life wheel below. Using a scale from 0 ("don't even go there") to 10 ("great!") rate each segment.



Observation: After you've rated each segment (piece of the pie), notice the overall balance of satisfaction within your life wheel.

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