

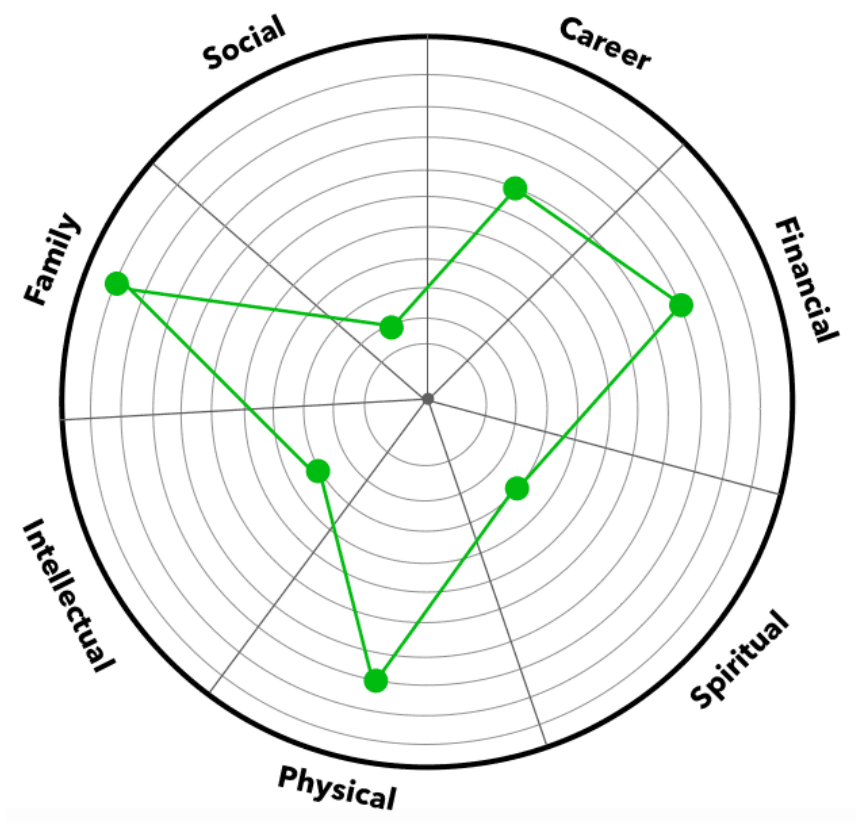
This is an extremely simple exercise, but it can provide a great insight into your current life balance.

The wheel is made up of 7 sections, each representing a vital area of your life.

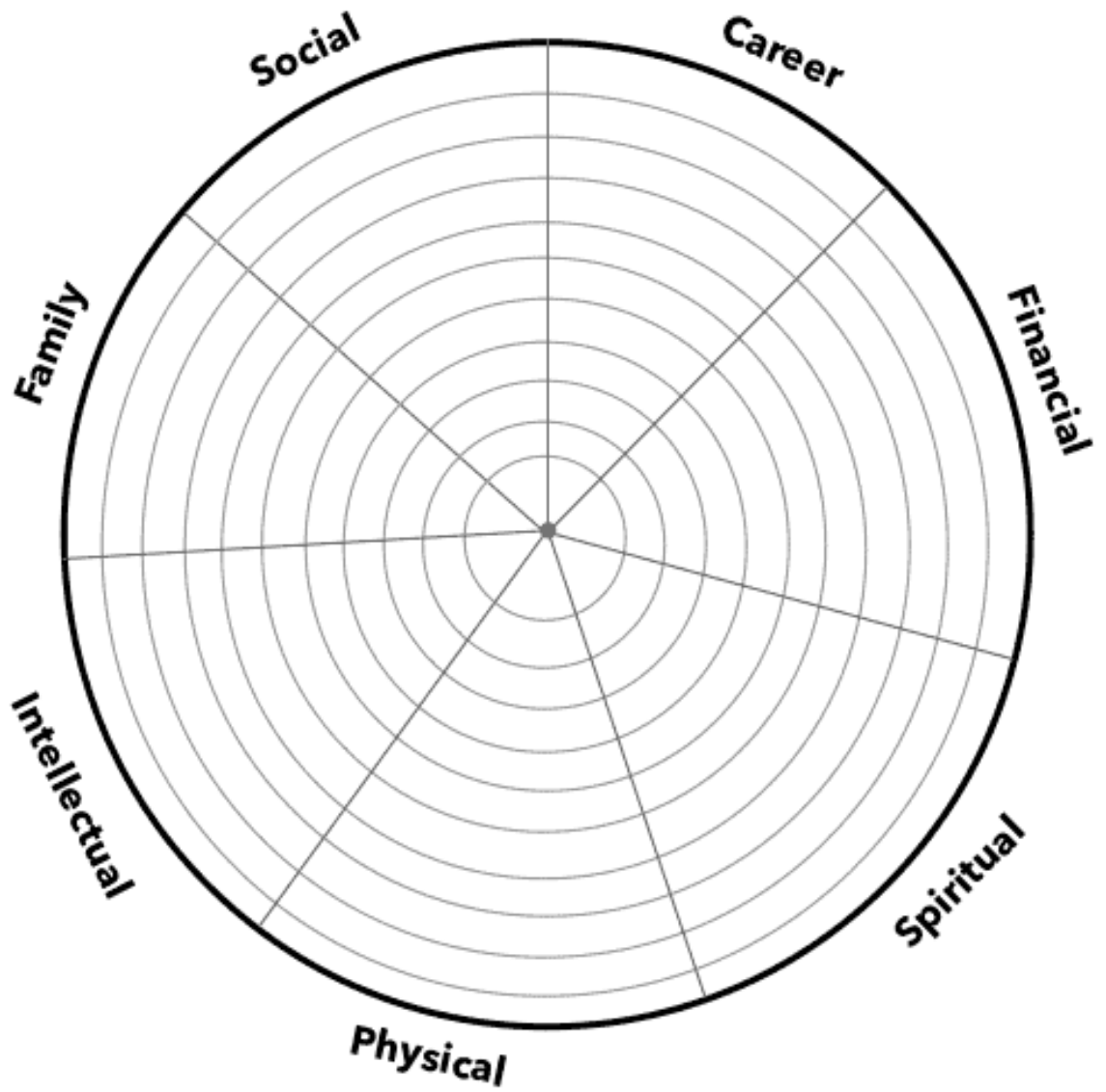
Take a moment to consider how much energy you are devoting to each of these areas. The center of the wheel represents 0 (Using no energy), and the outer edge represents 10 (Using all of your energy).

For each section, score yourself and put a dot on the relevant line.

Once you've done this, connect the dots all the way around the wheel (an example is shown below). This is your Burnout Temperature Gauge.



Give it a try on the next page!



Which one area, if improved by just one point, would make the biggest difference in your stress levels today?