

1. Fill in the outer boxes with categories of your life.
   1. Relationship with God

Follow the instructions on the back of this page to complete your own Balance Wheel.

1. Fill in the outer boxes with categories of your life.
   1. Relationship with God
   2. Relationship with Spouse
   3. Relationship with Children (young children in the home)
   4. Ministry or Serving
   5. Extended Family (parents, siblings, grandchildren, relatives)
   6. Friends
   7. Work
   8. Health/Self-Care
   9. Recreation/Fun
   10. Technology
   11. Education
   12. Any other
2. With a pen, draw a line above or below the perforated circle line reflecting the amount of time you spend in each area of the wheel.

Examples: If time alone with the Lord is very little in your life, your line would be inside the perforated circle, nearer to the center of the wheel. If time you spend in ministry takes most of your time, your line would be drawn outside the perforated circle, nearer the outer edge of the wheel.

(The perforated circle shows a balanced life and would run smoothly.)