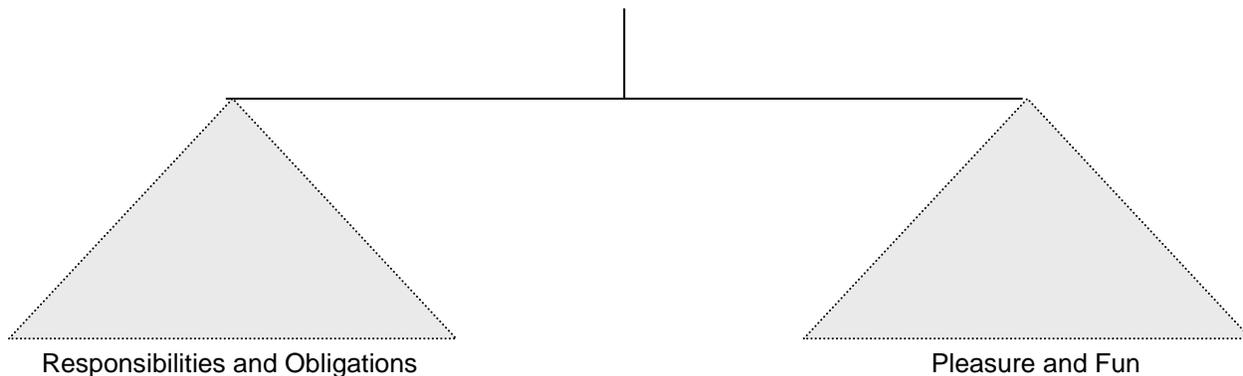


Balancing My Life

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/yrrp/handouts.html) at: www.yellowribbon.mil/yrrp/handouts.html



On a scale of 0 to 10 (with 10 on the outside rim being highest and 0 in the center) mark your level of satisfaction on the line next to each topic.

Consider the following questions when answering:
Work/Career: Do you enjoy what you do? Do you feel like you are making a contribution to your community?

Family and Home: Are you happy with your home life? Are the relationships what you want?

Finances: Is your standard of living what you want it to be? Have you planned for your future? If you have children, have you planned for their education?

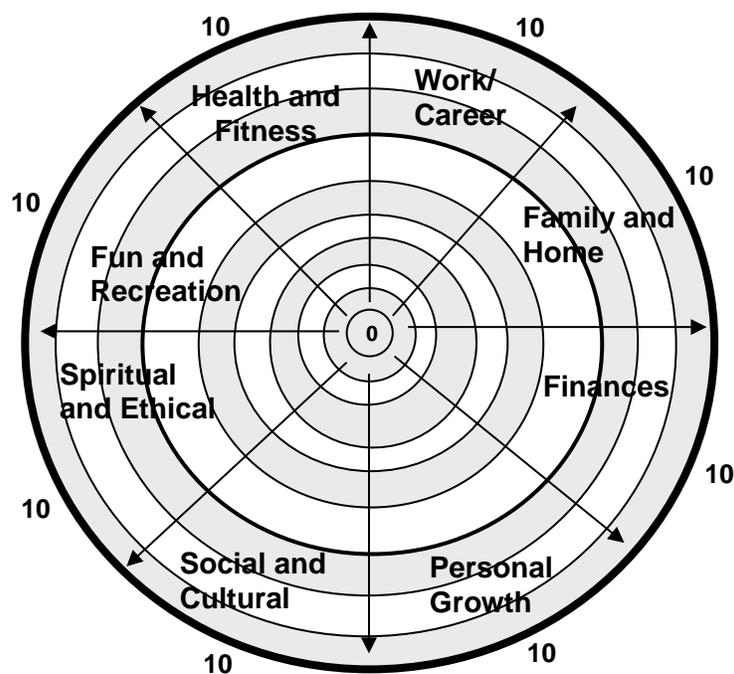
Personal Growth: Are you achieving your personal desires in terms of education and self-development? Do you take time for yourself?

Social and Cultural: Do you have friends who enrich your life and contribute to your sense of well-being? Do you have a confidant with whom you can discuss important matters? Do you have interests outside of your family and career in which you participate (for example: sports, theater, etc.)?

Spiritual/Ethical: Is religion important to you? If so, are you content with the way you are practicing your faith? Do you believe in specific personal values? Are you living up to those personal values?

Fun and Recreation: Do you participate in activities that give you enjoyment? Do you take advantage of the location in which you live?

Health and Fitness: Do you feel healthy? Do you exercise and eat the way you would like to?



Connect your levels of satisfaction with curved lines to create a new outer edge.

Wheel of Life® Activity is a trademark of Meyer Resource Group, Inc. and was adapted from Mindtools.com

SMART Goals

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You may use the wheel as a measure of balance to gauge your overall degree of life satisfaction and to identify areas that might benefit from goal-setting.

Identify an area in which you would like to increase your level of satisfaction and answer the following question:

If _____ were a 10 for me, what three things would be happening?

- 1.
- 2.
- 3.

Specific: state exactly what will be done

Measurable: set a goal that has the ability to be monitored

Achievable: determine how it can be reached

Relevant: set a goal that is applicable to your situation

Time Bound: state when the goal will be reached

My SMART goals: