



Picture from:  
<https://www.pinterest.com/pin/204139795585735185/>

## How Balanced Is Your Life?

1. Take some time to color in the chart above. It represents a "typical" day in your life (24 hours):

Pick one color\* for:

**SCHOOL** (studying, class, assignments)

**SOCIAL** (friends, family, and relationships)

**LEISURE** (hobbies, watching TV, etc.)

**SELF-CARE** (eating, exercise, sleep)

2. Once you have colored in your chart, reflect on your balance wheel for a moment and ask yourself:

*"Do I like how my chart looks?"*

*"Does my chart look balanced?"*

*"Are there things in my chart I don't like?"*

*"How can I change the colors of my chart?"*

*\*Feel free to use the same color for multiple activities or to add your own!*

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