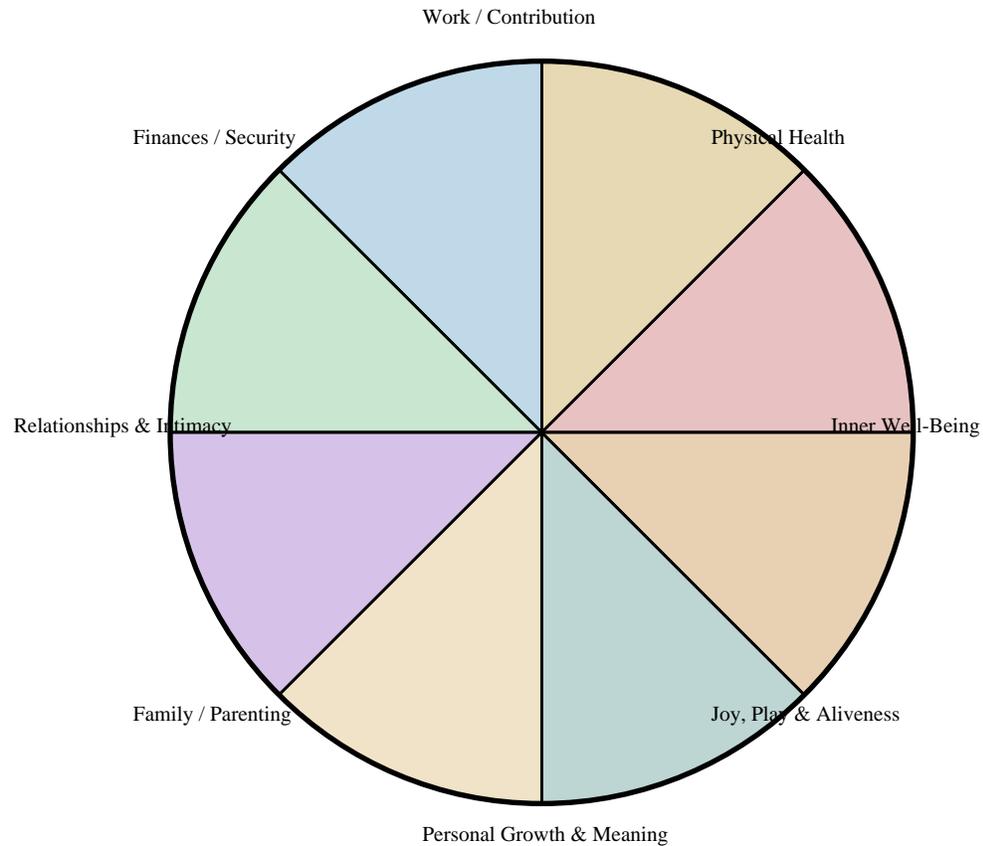


The Meaning Balance Wheel

A gentle visual reflection tool to help you see where your life is in balance and where it may be asking for attention. This is not an evaluation, but an invitation to awareness and meaning.



How to Use the Wheel

Rate each area from 1–10 based on your current lived experience. Notice which slices feel supported and which feel depleted or strained. Balance is not about perfection — it is about awareness.

Reflection Prompts

Inner Well-Being

- What feels true for me here right now?
- Am I acting from presence or obligation in this area?
- What might this part of my life be asking me to acknowledge?

Physical Health

- What feels true for me here right now?
- Am I acting from presence or obligation in this area?
- What might this part of my life be asking me to acknowledge?

Work / Contribution

- What feels true for me here right now?
- Am I acting from presence or obligation in this area?
- What might this part of my life be asking me to acknowledge?

Finances / Security

- What feels true for me here right now?
- Am I acting from presence or obligation in this area?
- What might this part of my life be asking me to acknowledge?

Relationships & Intimacy

- What feels true for me here right now?
- Am I acting from presence or obligation in this area?
- What might this part of my life be asking me to acknowledge?

Family / Parenting

- What feels true for me here right now?
- Am I acting from presence or obligation in this area?
- What might this part of my life be asking me to acknowledge?

Personal Growth & Meaning

- What feels true for me here right now?
- Am I acting from presence or obligation in this area?
- What might this part of my life be asking me to acknowledge?

Joy, Play & Aliveness

- What feels true for me here right now?
- Am I acting from presence or obligation in this area?
- What might this part of my life be asking me to acknowledge?