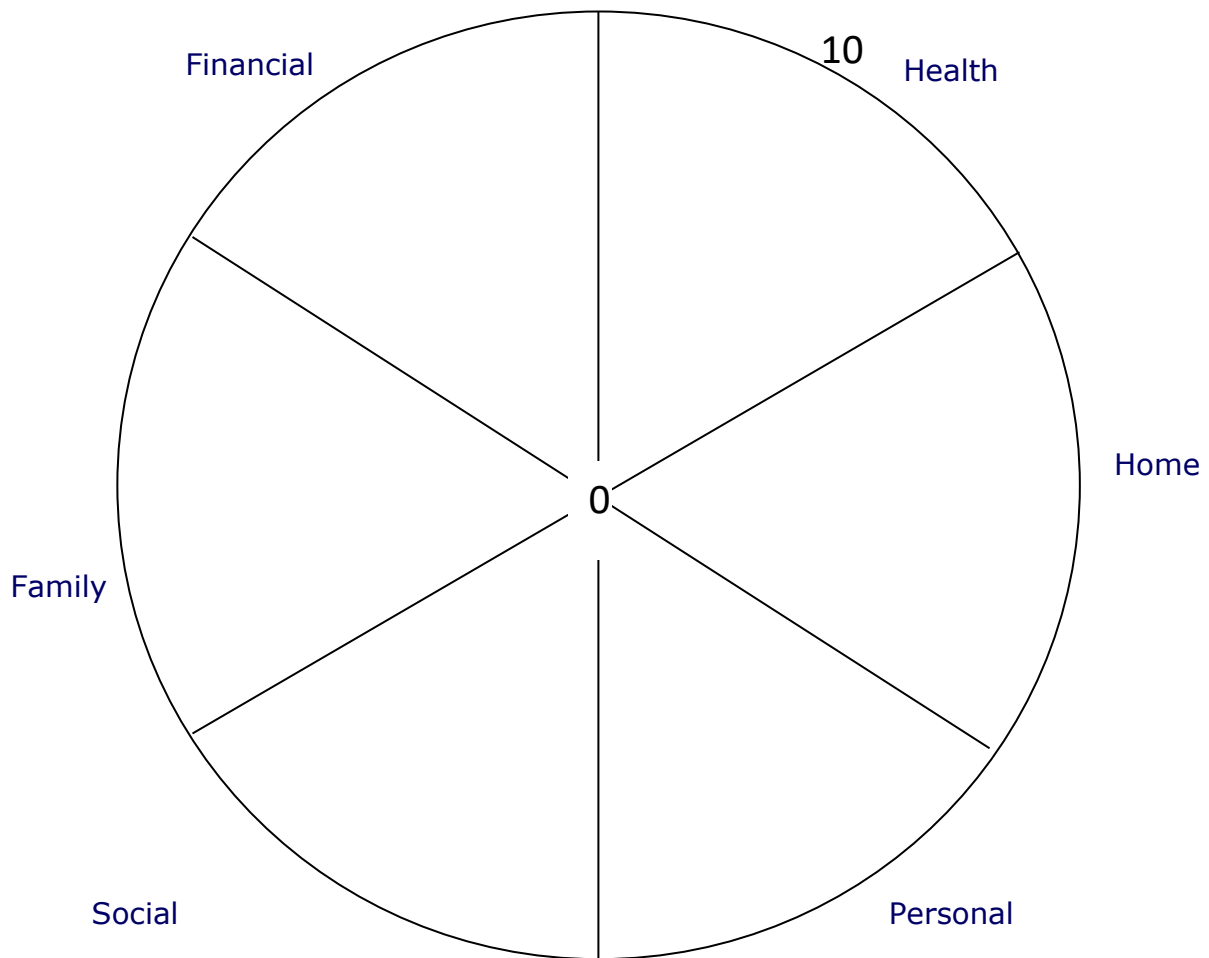


Pressure Wheel - Life



Directions: Score your perceived level of pressure for each of the above labelled standards, using the scale of 0 to 10. 0 being poor (i.e. excessive pressure) and 10 being ideal (pressure not stress). Identify areas you wish to improve. Determine what actions you will take to improve your scores.

Health: How you feel about your physical, mental and emotional health.

Home: How happy you are with your home environment.

Personal: How you feel about yourself and how comfortable you are in your own skin.

Social: How happy are you with your social interactions and friends. Are you spending enough time on your social life?

Financial: Are you comfortable with your current financial situation or do you worry about the bills?

Family: is your family situation positive and happy?