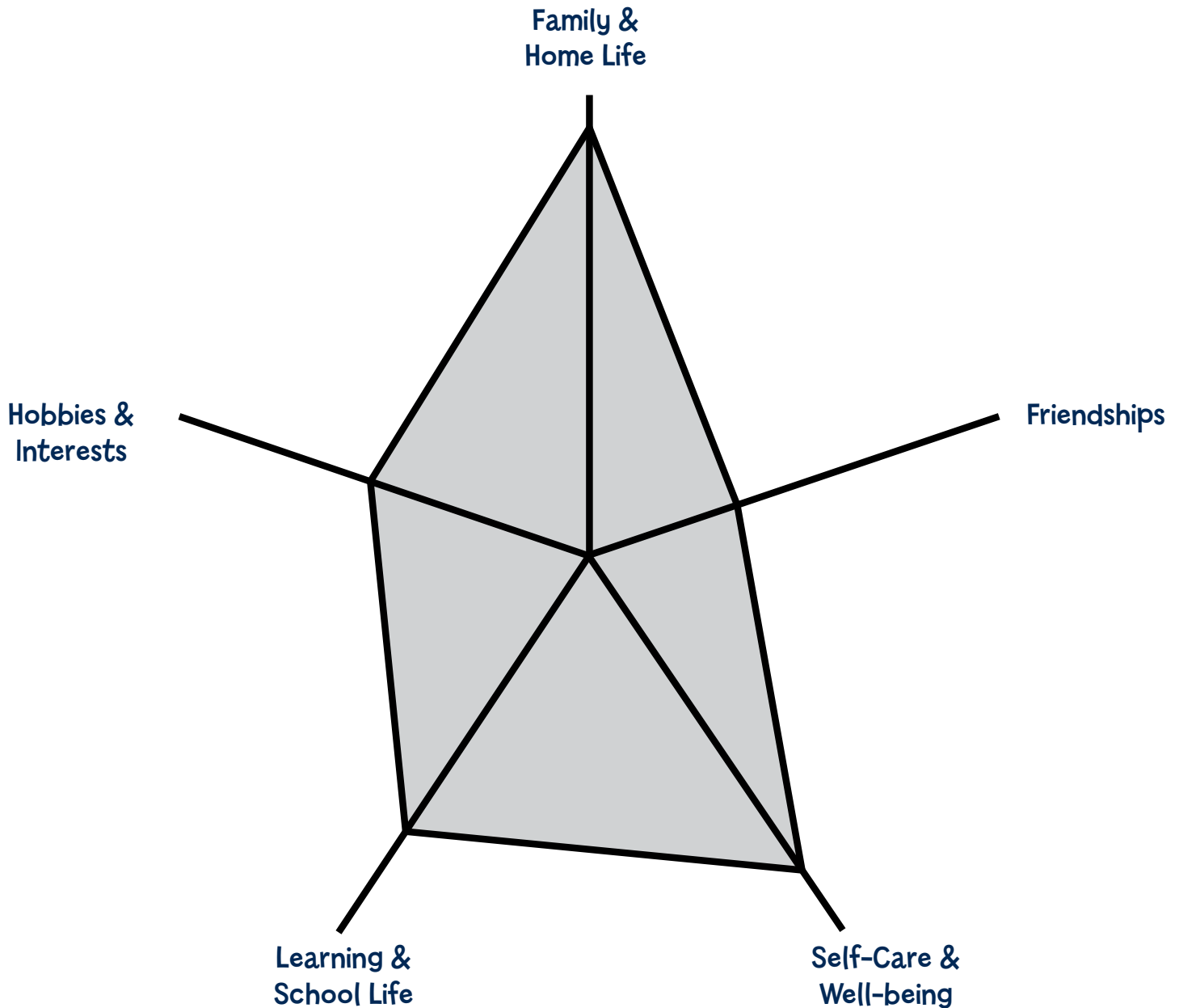


# My Life Balance Star - Example

Think about your life and how each area is going right now. For each section, rate how you feel about it. The higher each point is on the line, the stronger that part of your life. The bigger the overall shape, the better your balance. Why not complete one each month to see how your life changes over time?



**Today's Date:**

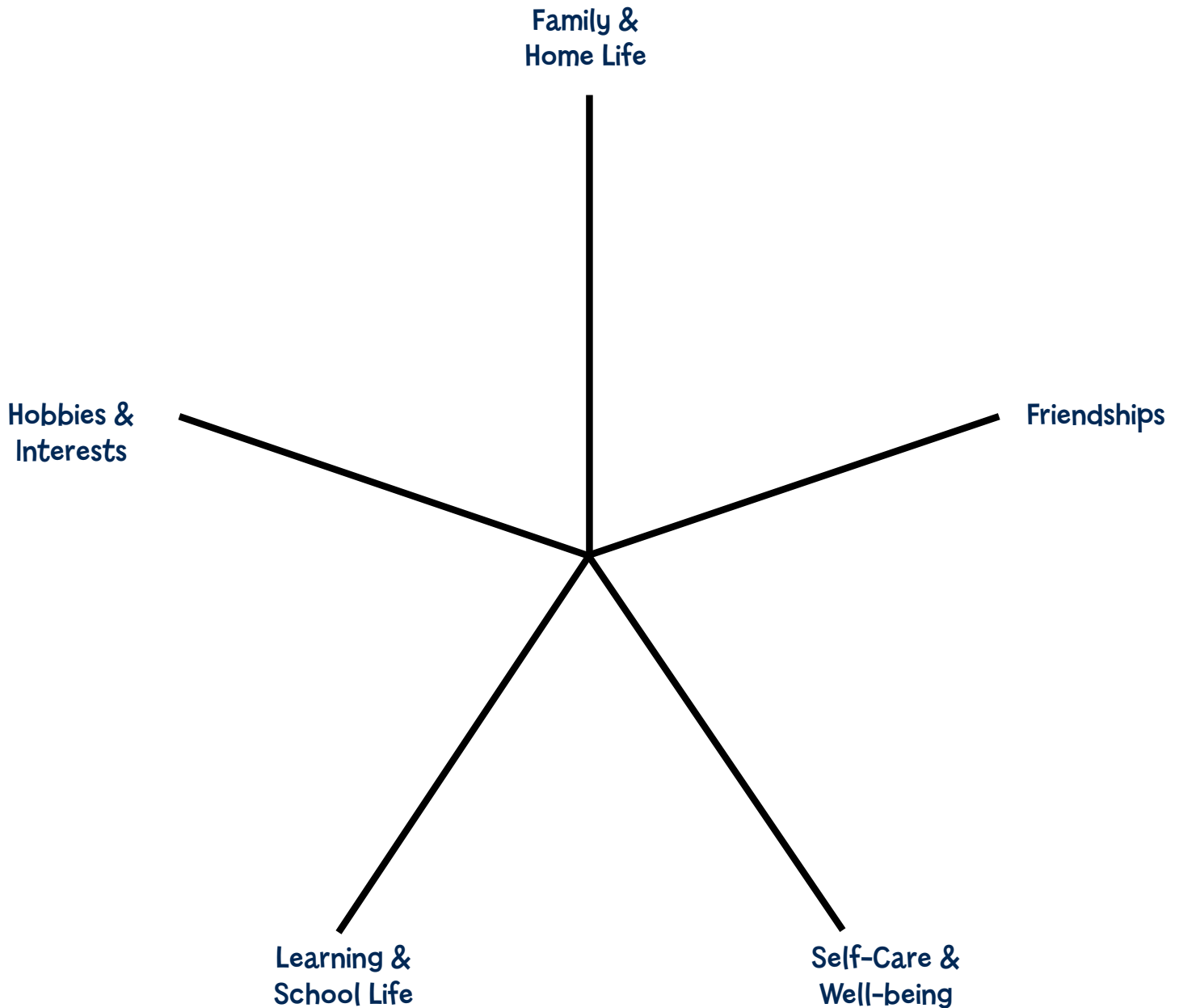
20/04/26

**What improvement can I make?**

I could try a new hobby where I could make some new friends  
whilst learning something new.

# My Life Balance Star - Blank

Think about your life and how each area is going right now. For each section, rate how you feel about it. The higher each point is on the line, the stronger that part of your life. The bigger the overall shape, the better your balance. Why not complete one each month to see how your life changes over time?



**Today's Date:**

**What improvements can I make?**

.....

.....