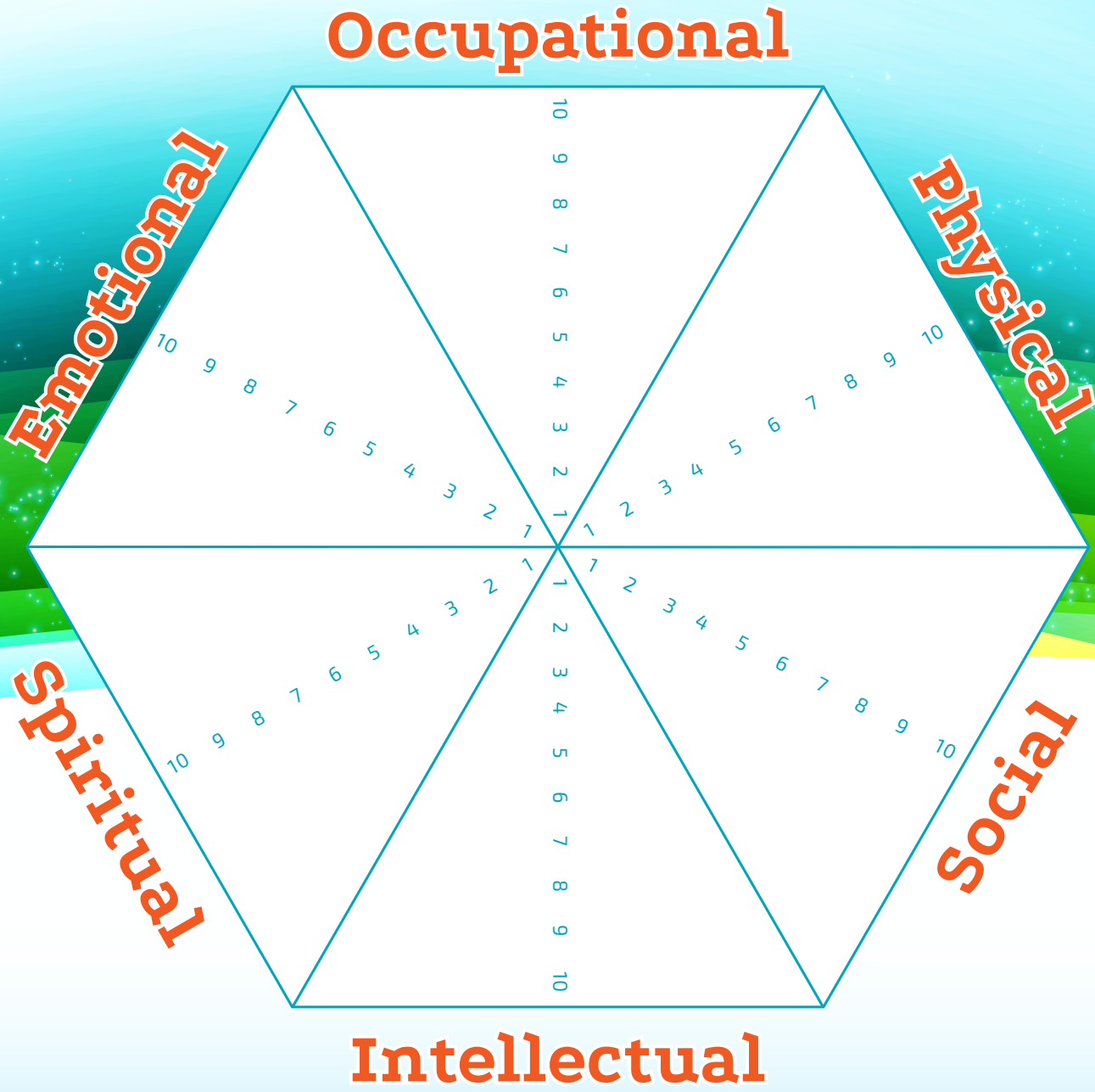
NWI Dimensions of Life



Write a number between 1 and 10 in each triangle above to indicate how satisfied you are in each dimension of your life. The higher the number you give a dimension, the happier you are in this dimension. When you have them all marked, draw a line across each triangle at that number to form a new outline of the hexagon.

Is your life well-balanced or is it unbalanced?

Which dimensions need the most attention?

Which dimensions would you most like to address?

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