

# WHEEL OF BALANCE

## RATING GUIDELINES AND WHEEL FOR PLOTTING

<b>1</b>	You have never heard of doing this.	<b>6</b>	You know you should do it and do sometimes.
<b>2</b>	You have heard of it but never do it.	<b>7</b>	You see the value and are attempt to do it more.
<b>3</b>	You have heard of it but don't want to do it.	<b>8</b>	You do this on a regular basis.
<b>4</b>	You do it when forced to do it.	<b>9</b>	You do this a majority of the time.
<b>5</b>	You see the benefit but are still reluctant.	<b>10</b>	You live this both personally and professionally.

