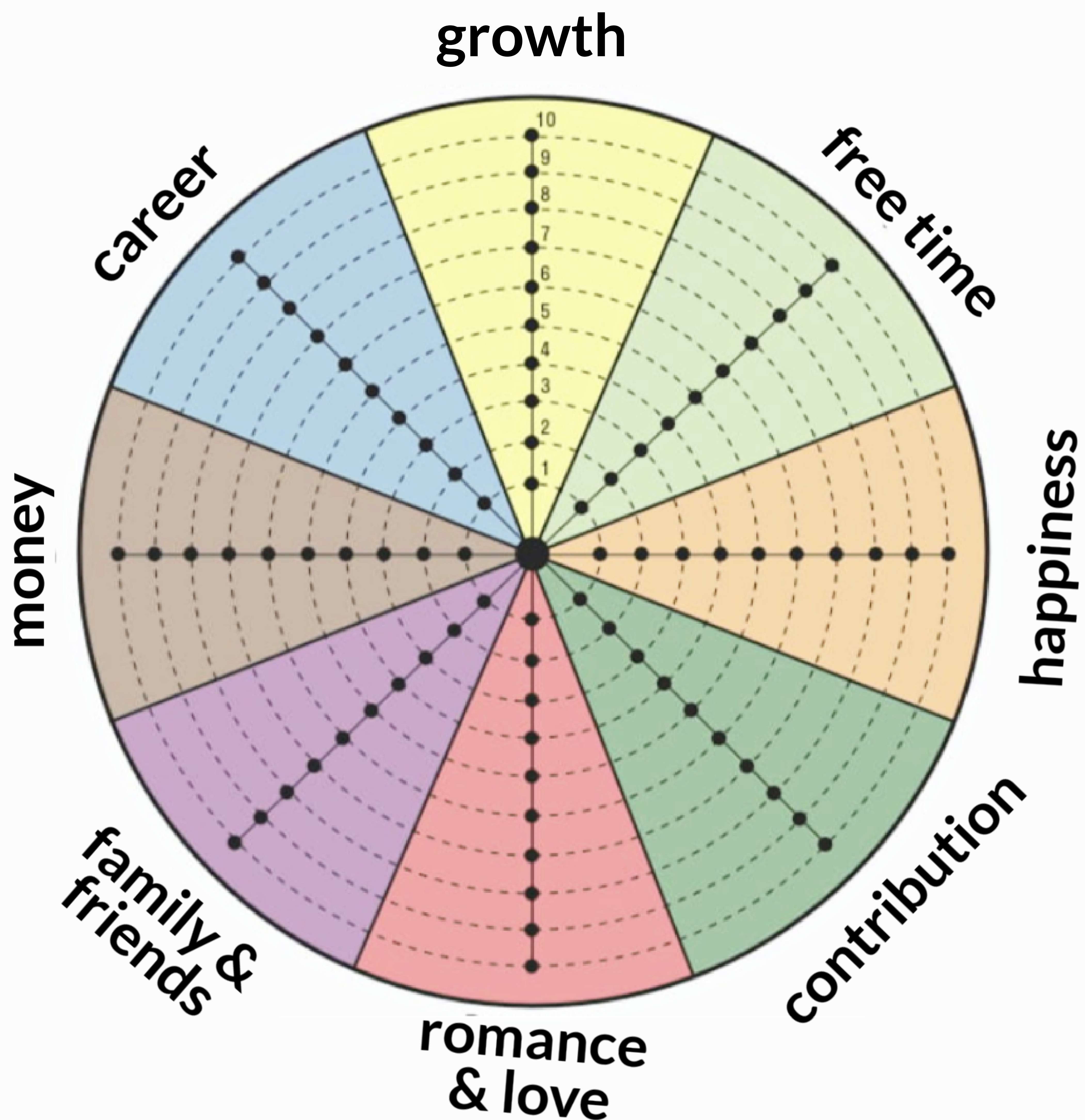


TWEAK A WEEK

WHEEL OF LIFE CHECK-IN CARD



Every slice of the wheel represents a life category. Each week scribble on the wheel what you think the value is for each category. 1 = bad and 10 = awesome!

The value of 1 is closest to the center and the value 10 is at the edge. After filling in the wheel, you can quickly see which life categories you need to focus on more and tweak a little extra to improve.

xo, Karen Galmansohn, NotSalmon.com