

Happiness Balance wheel ♥ KAJE Life Design

Name: _____

Date: _____

18. Do you practice meditation, yoga, mindfulness etc?

17. Do you know the characteristics of zodiacs and your own horoscope?

16. Do you know the characteristics of your personal profile? (Meyers-Briggs)

15. Do you support or volunteer supportive groups?

14. Are you satisfied with where you live and supportive /active in your neighbourhood or community?

13. Have you found happiness in love?

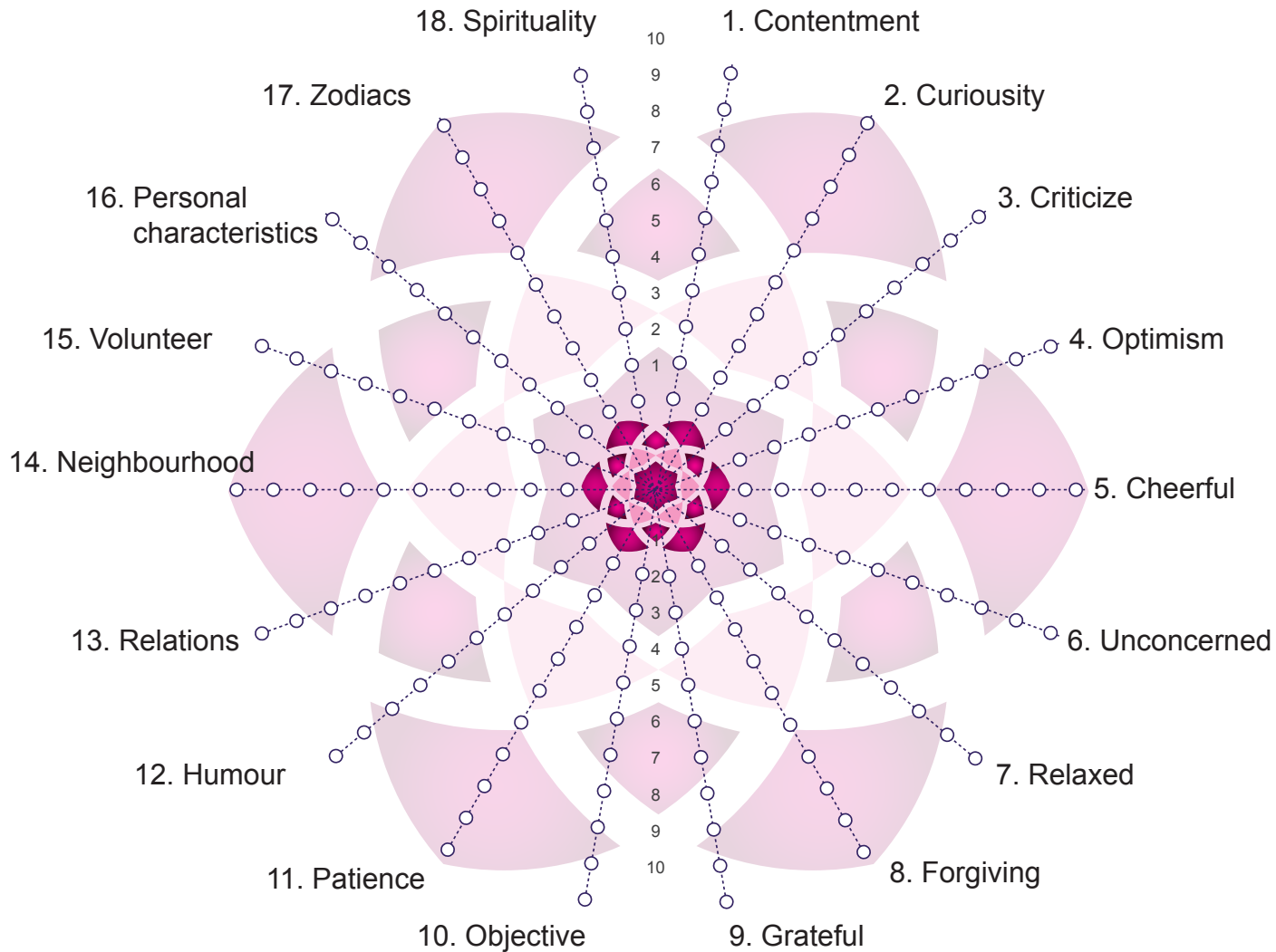
12. Are you good at self-irony and able to laugh at yourself?

11. Do you have patience with yourself and others?

10. How good are you at staying objective?

Make this little test and get an overview. Read the wheel clockwise. Rate each of the 18 questions. Be honest - only you are looking ♥ Mark your numbers in the wheel on a scale of 1-10 (highest). Then draw a line from point to point and see how much of the wheel you cover.

You will get an indication on where to keep your focus and take action for the next period. Re-do the test when you feel out of balance. You can get more inspiration on each subject at our Blog and subscribe news at www.kajelifedesign.com for your Health, Wealth and Happiness



1. How content are you in general?

2. Are you curious, teachable, and open to new knowledge?

3. Do you avoid having opinions and criticize other people?

4. How optimistic are you in general?

5. Are you cheerful to others and express hopefulness?

6. Can you keep yourself unconcerned, when other people are having problems?

7. How relaxed are you in general?

8. Are you good at forgiving yourself and others?

9. Are you being grateful and feeling joy of life?