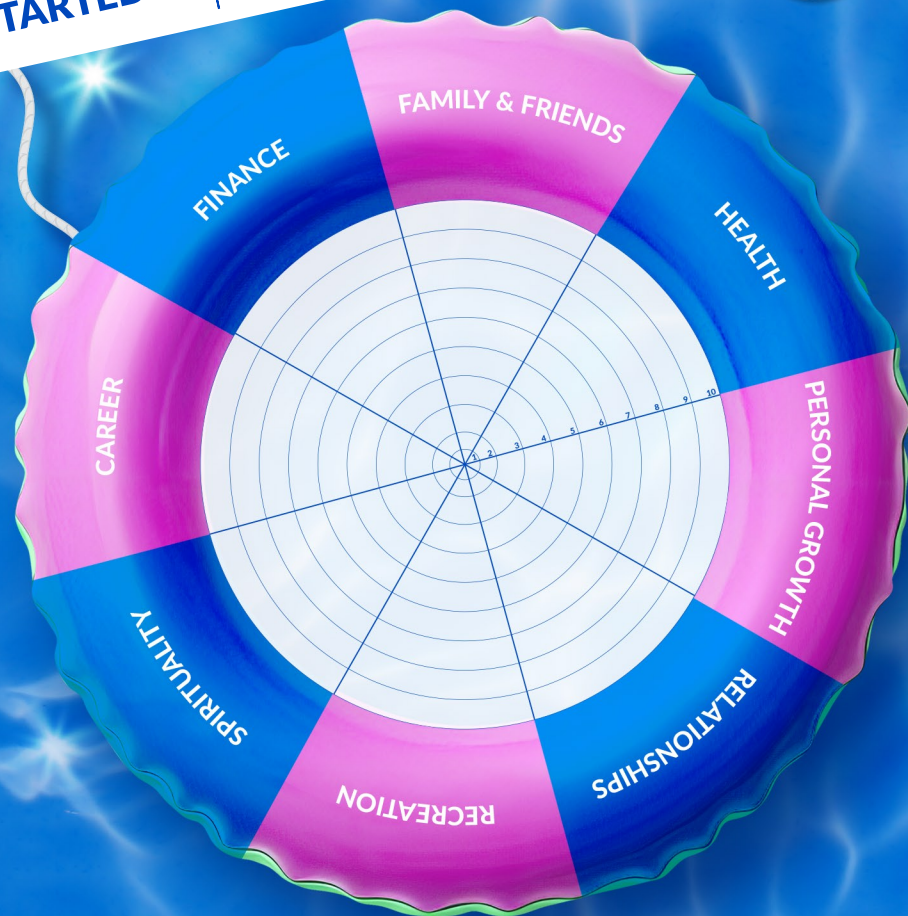


GLOW — ALL — ROUND

GET
STARTED

DATE: _____



HOW TO

Plot in a wheel from 1 to 10 (with 1 being the least and 10 being the most) how much attention you're giving to that particular aspect of your life today. Note down the date in the space given.

Then, join all the dots and colour the areas within to identify the aspects you need to give more attention for a balanced life.

In the first month, pay more attention to the aspects with low scores before repeating the above steps on the second wheel to see if it's more balanced!



UNLEASH
THE GLOW

DATE: _____

FLEX
Better you, better finances. by CPF