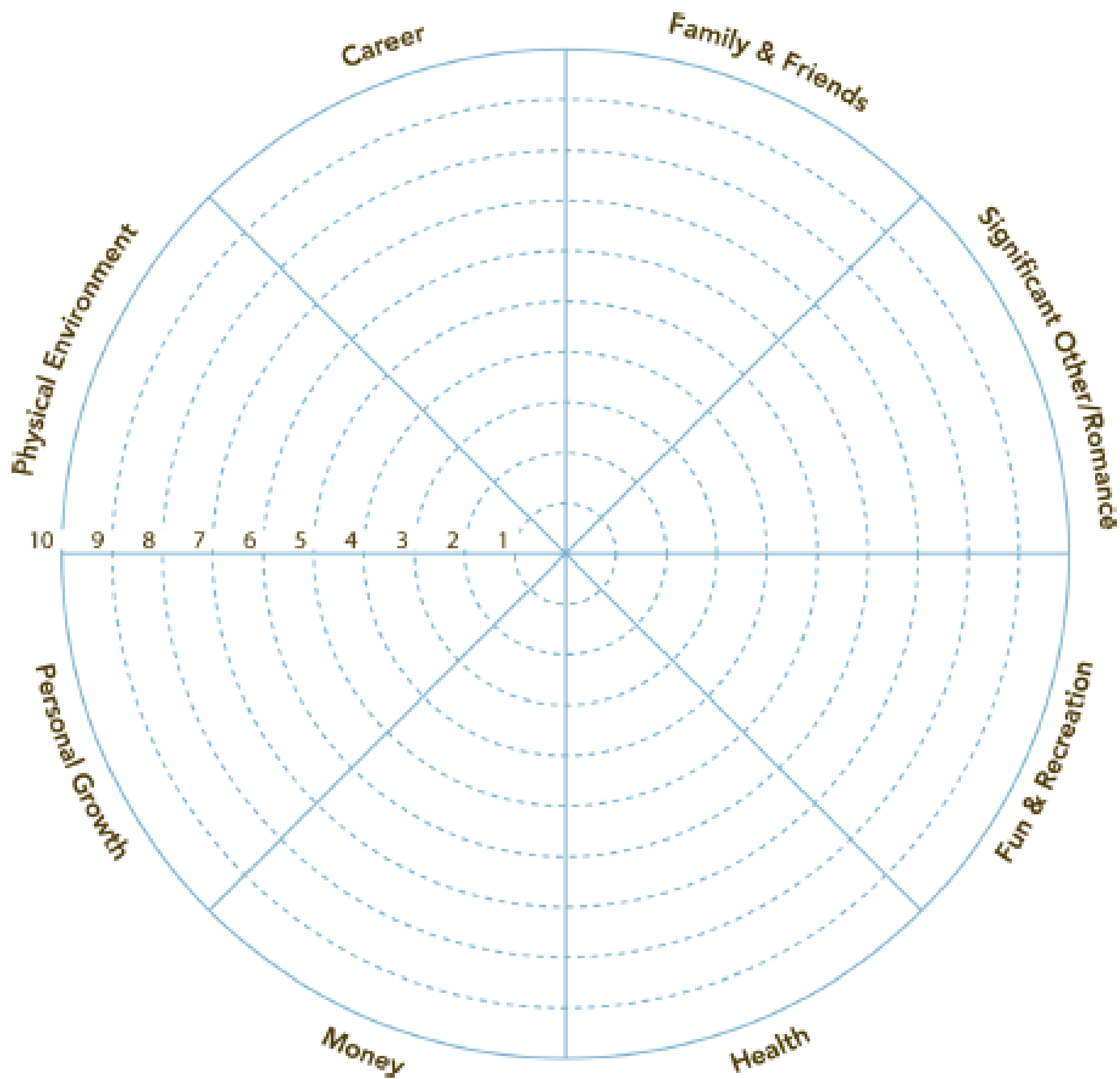


WHEEL OF LIFE

Directions: The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?



EXERCISE

Wheel of Life

1

Which 3 areas of your life would you like to focus on and improve in the next 4-6 months and WHY? What scores are you giving them now? What scores would you like to give them 6 months from now?

2

What has been holding you back until now in the 3 areas you want to improve?
