

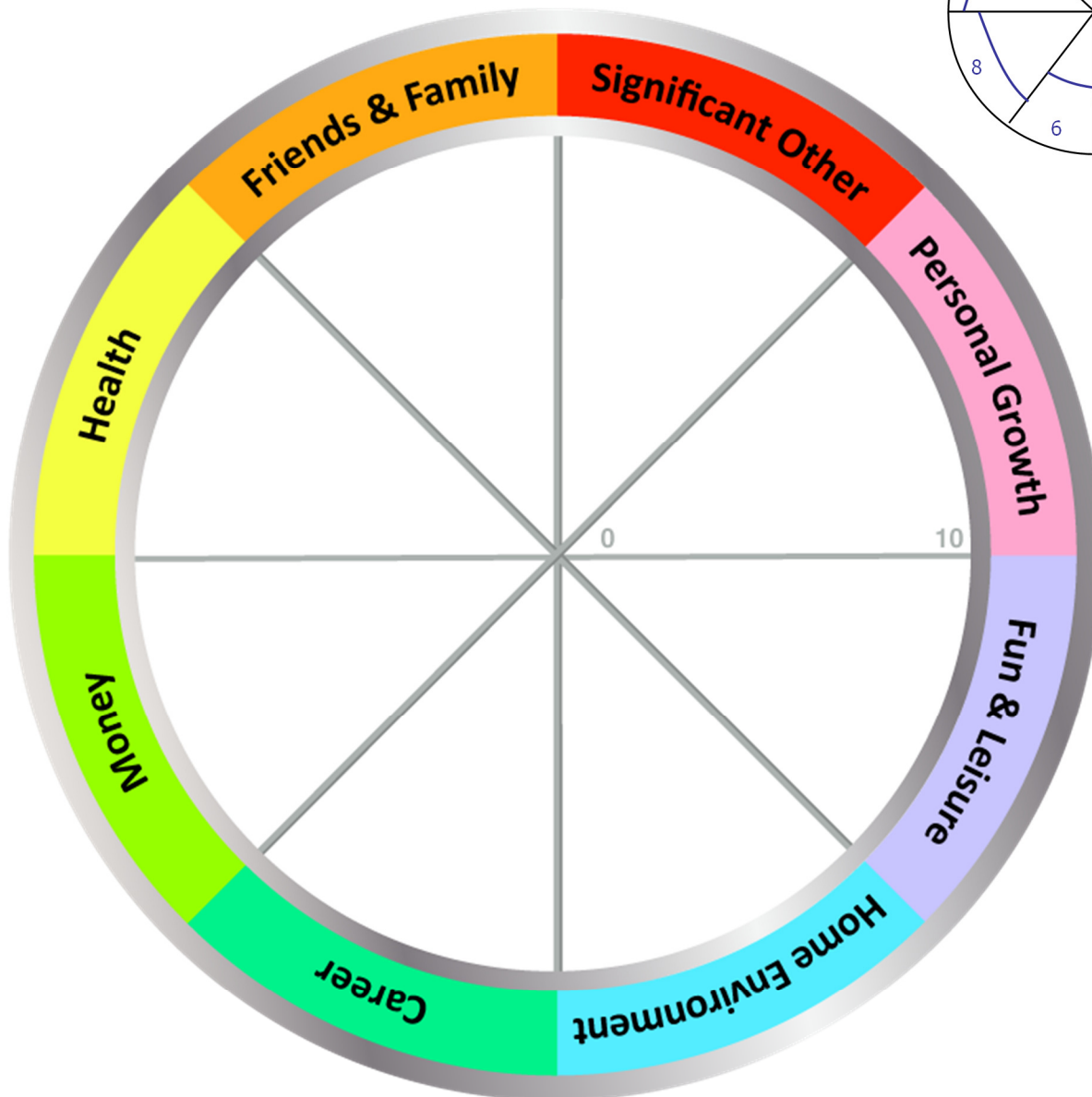
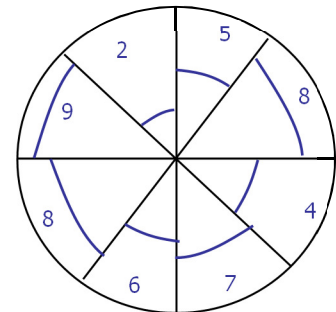


Your Wheel of Life!

NAME: _____

DATE: _____

EXAMPLE



COMPLETE THE WHEEL:

1. **Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
2. **Next, draw a line or write a number across each segment that represents your satisfaction**
2. **Next, write a number in the colored box in each segment that represents your satisfaction score for that particular area.**

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it *should* be!