

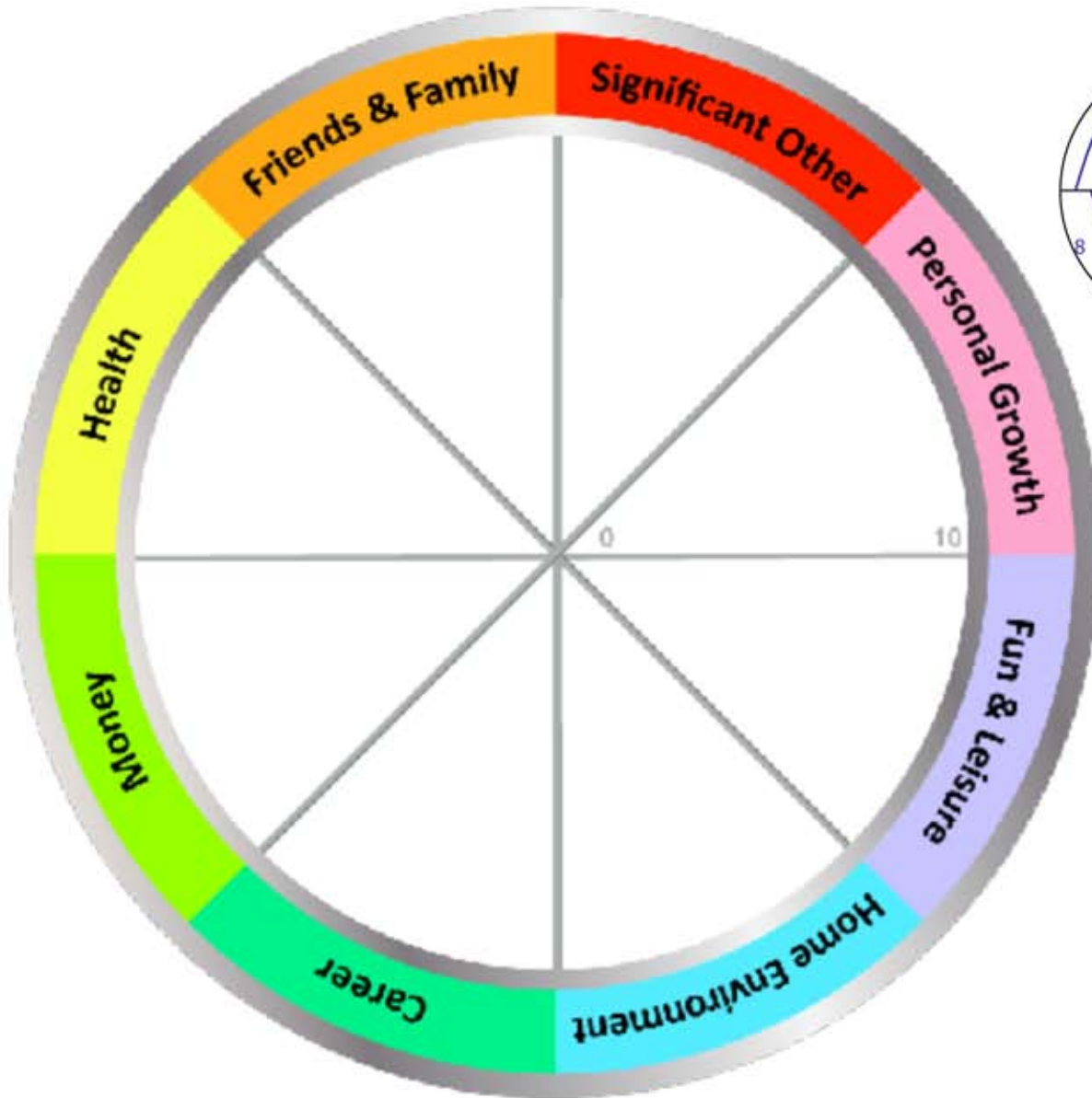


# Your Wheel of Life!

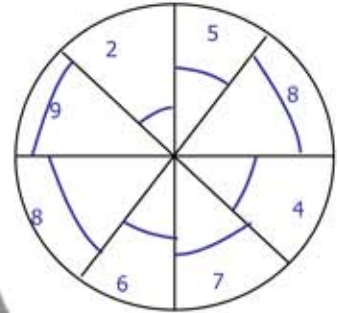


YOUR NAME: \_\_\_\_\_

TODAY'S 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 across each segment that represents your satisfaction score for each 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)
  - Now draw a line and write the score alongside (see example above)

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