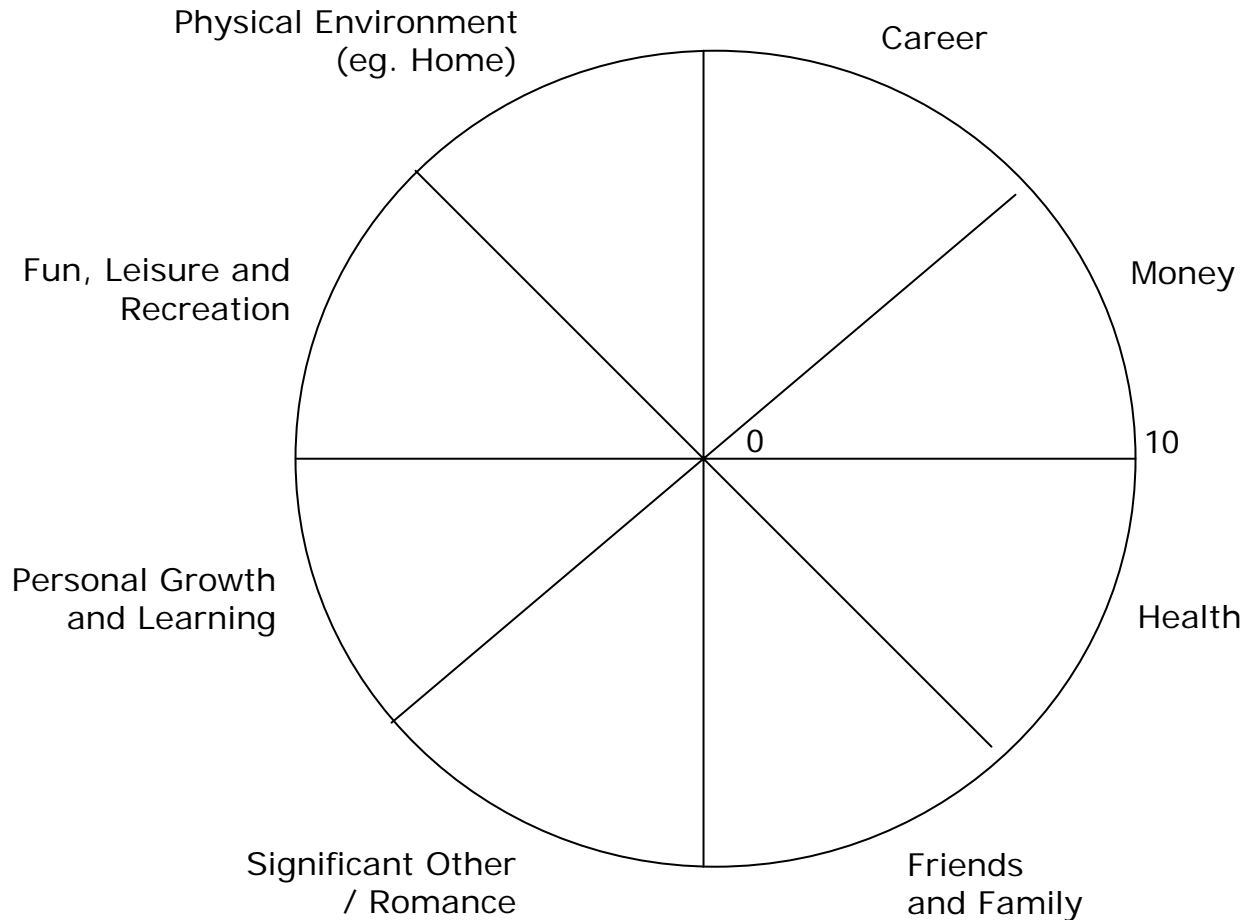


Wheel of Life Exercise

Date:



Directions: The eight sections in the Wheel of Life represent balance.

- ★ First, change or rename any category so it is meaningful to you and to ensure it represents a balanced life to you.
- ★ Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example).
- ★ The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

Example

