



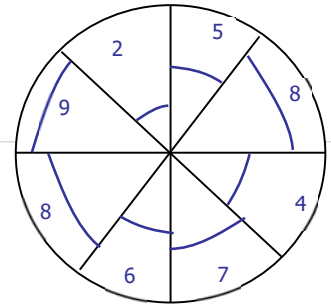
Your Wheel of Life!



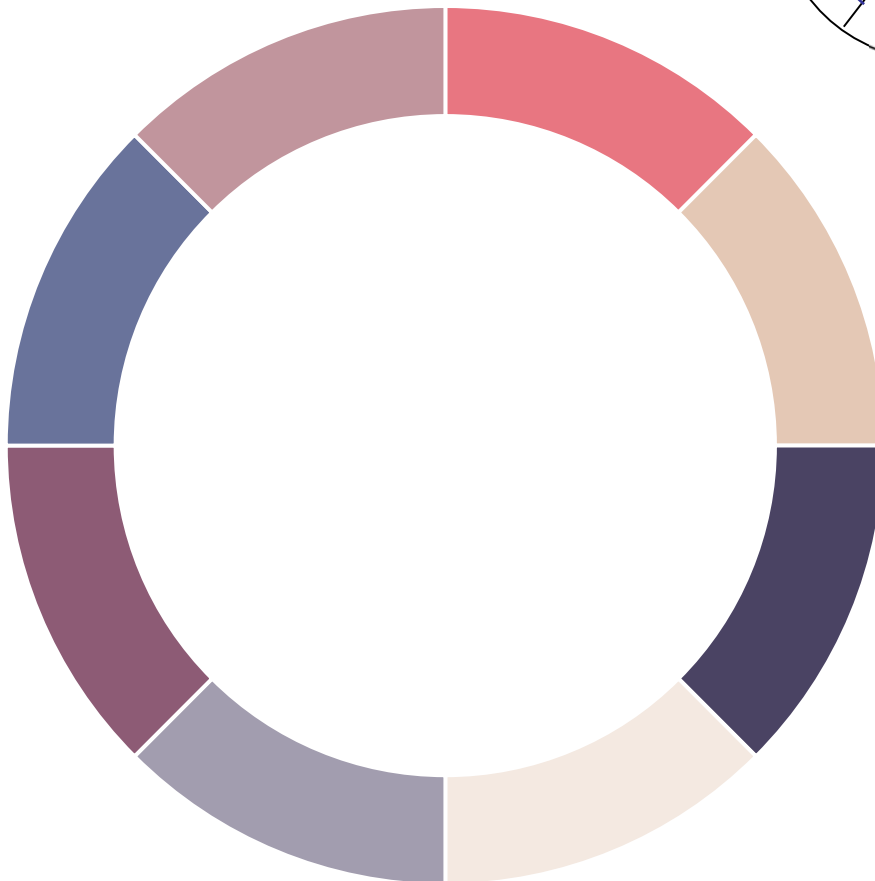
YOUR NAME: _____

TODAY'S DATE: _____

EXAMPLE



Wheel of Life



- | | |
|--|---|
| ■ Significant Other | ■ Personal Growth |
| ■ Fun & Leisure | ■ Home Environment |
| ■ Career | ■ Money |
| ■ Health | ■ Friends & Family |

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!