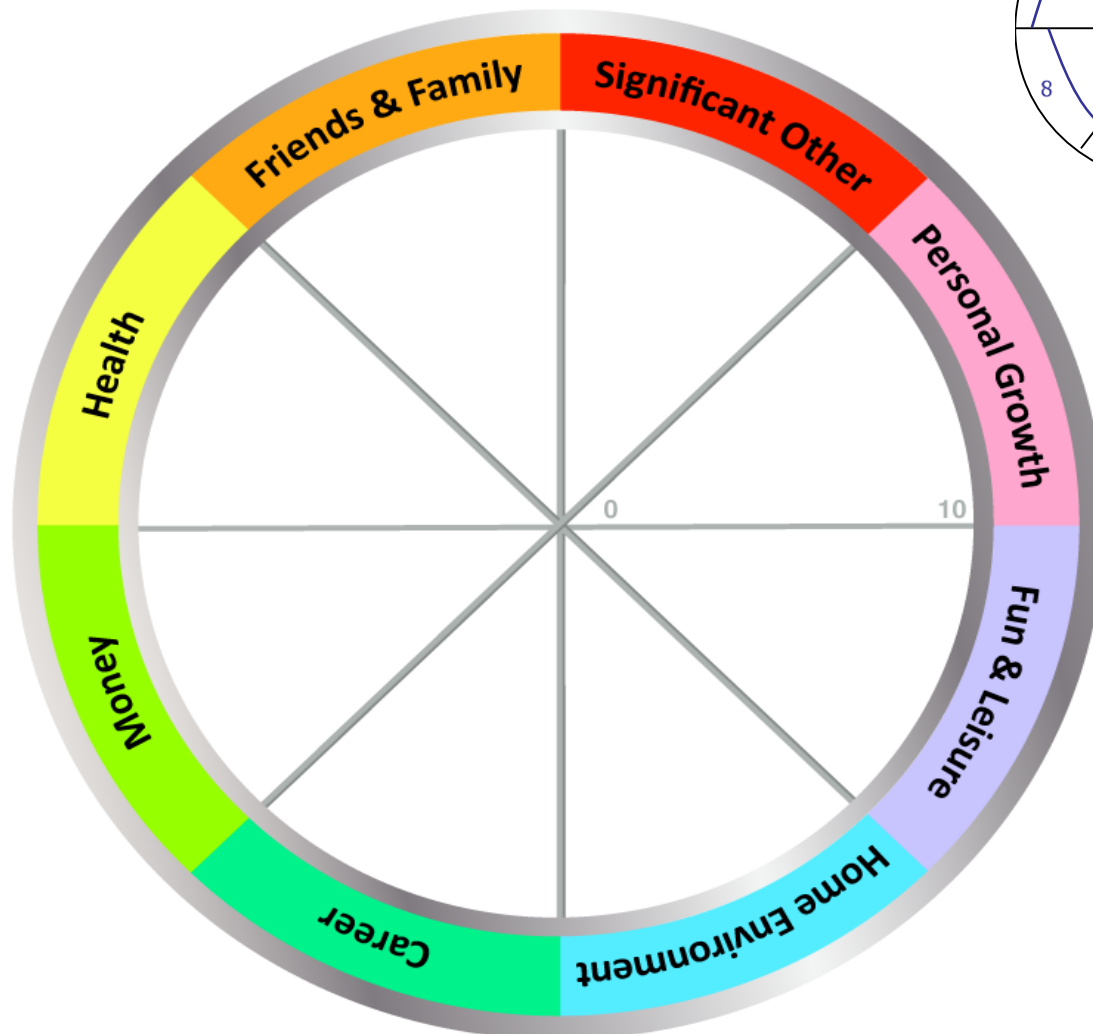
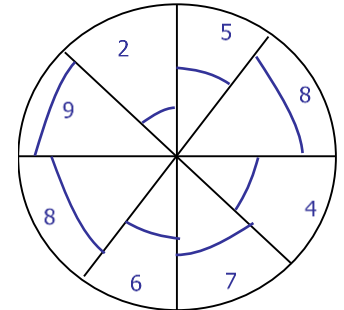


Your Wheel of Life

Name _____

Date _____

EXAMPLE



Complete Your Wheel:

Review the 8 wheel categories—think briefly what a satisfying life might look like for you in each area.

Draw a line across each pie wedge that represents your satisfaction score for each wedge.

- Imagine the center 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 of your line (see example above)

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