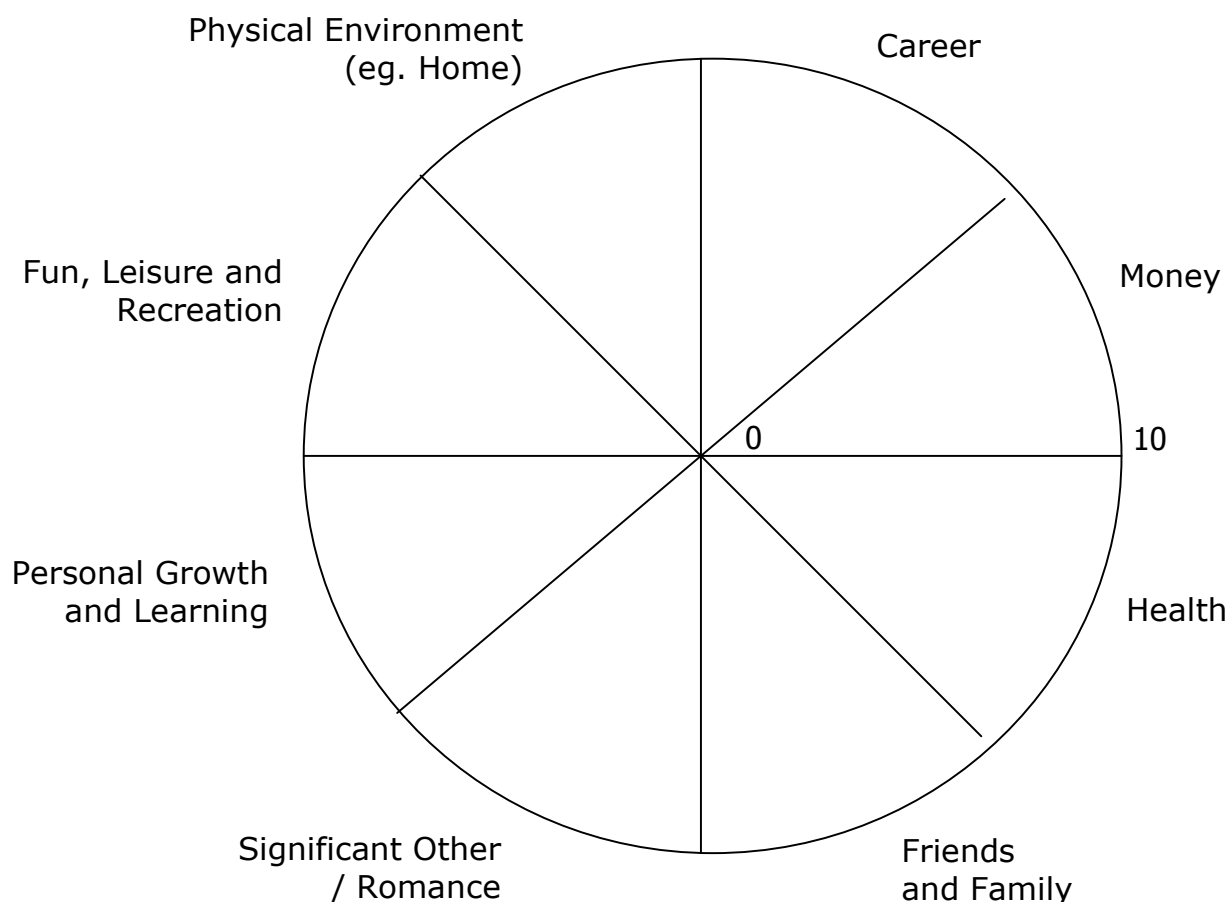




The Wheel of Life



WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- ❖ Please **review** these 8 areas on the Wheel of Life and change, split or rename any category so that it's meaningful and represents a **balanced life** for you.
- ❖ Next, taking the centre of the wheel as 0 (very dissatisfied) and the outer edge as 10 (fully satisfied), rank your **current level of satisfaction** with each area out of 10 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?
- ❖ **Answer** these questions: How do you feel about your life as you look at your Wheel? Which of these elements would you most like to improve? What would make that a score of 10? What actions are you going to take, now?

EXAMPLE

