

The Wheel of Life



Directions: The eight sections in the Wheel of Life represent balance. Seeing the center of the wheel as 0 and the outer edges as 10, rank your level of satisfaction in each area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would your ride be? Remember, this is about your satisfaction, not the presence or absence of these categories!

