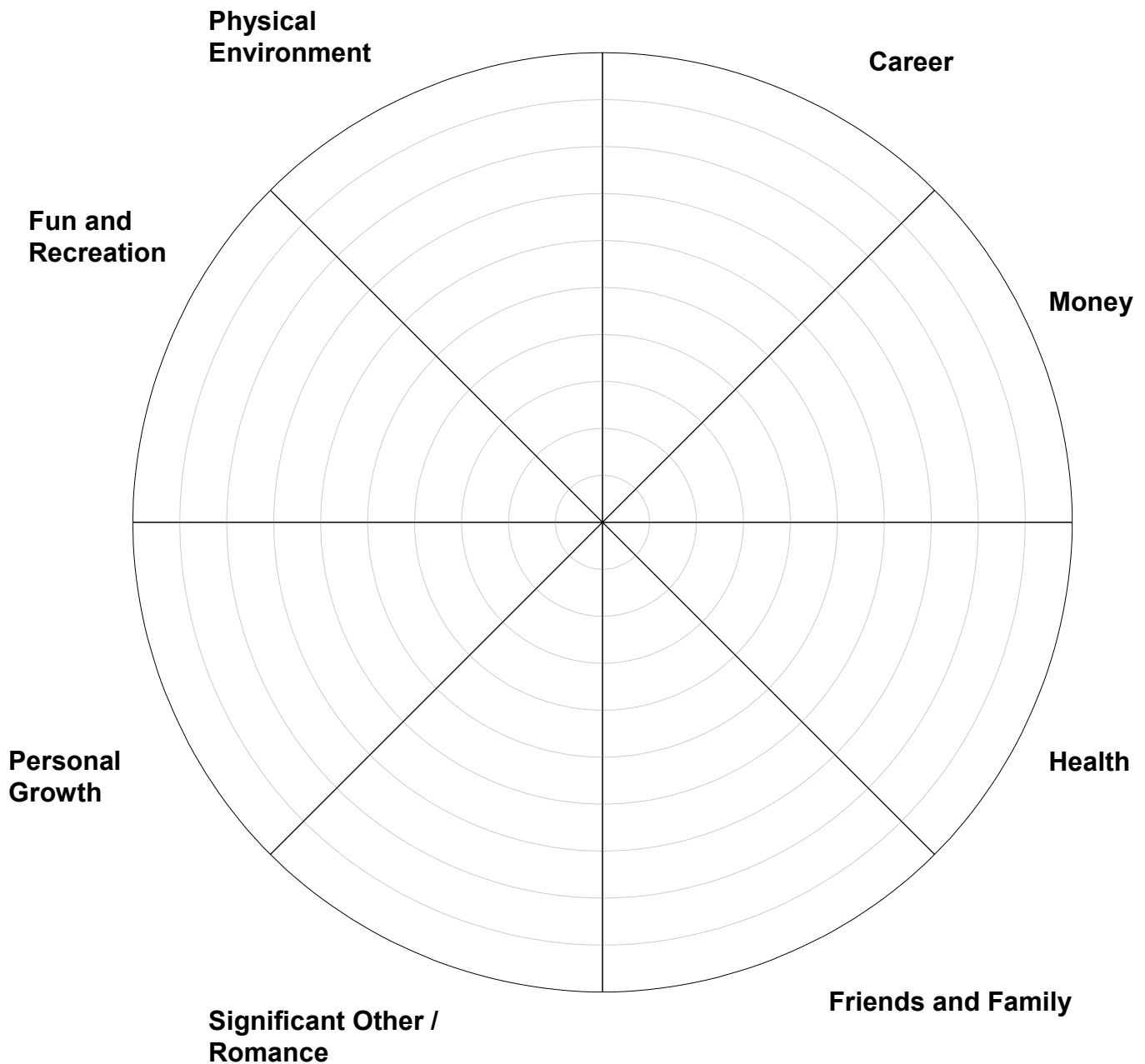
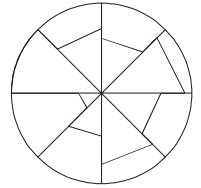


# Wheel of Life

Date \_\_\_\_\_

## Directions Step 1

The eight segments of the Wheel of Life represent your life balance. The centre of the circle represents 0, and the outer edge 10. Rank your satisfaction and fulfilment in each area of your life by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the Wheel is a visual representation of the balance of your life. If this was a real wheel, how bumpy would the ride be? How smooth would it be?



## Step 2

Describe what each area of your life would be like if your level of satisfaction were a 10! What would you see? What would you hear? What would you feel? What would you be doing?

Area of Life	A score of 10
Physical Environment	
Career	
Money	
Health	
Friends and Family	
Significant Other / Romance	
Personal Growth	
Fun and Recreation	

