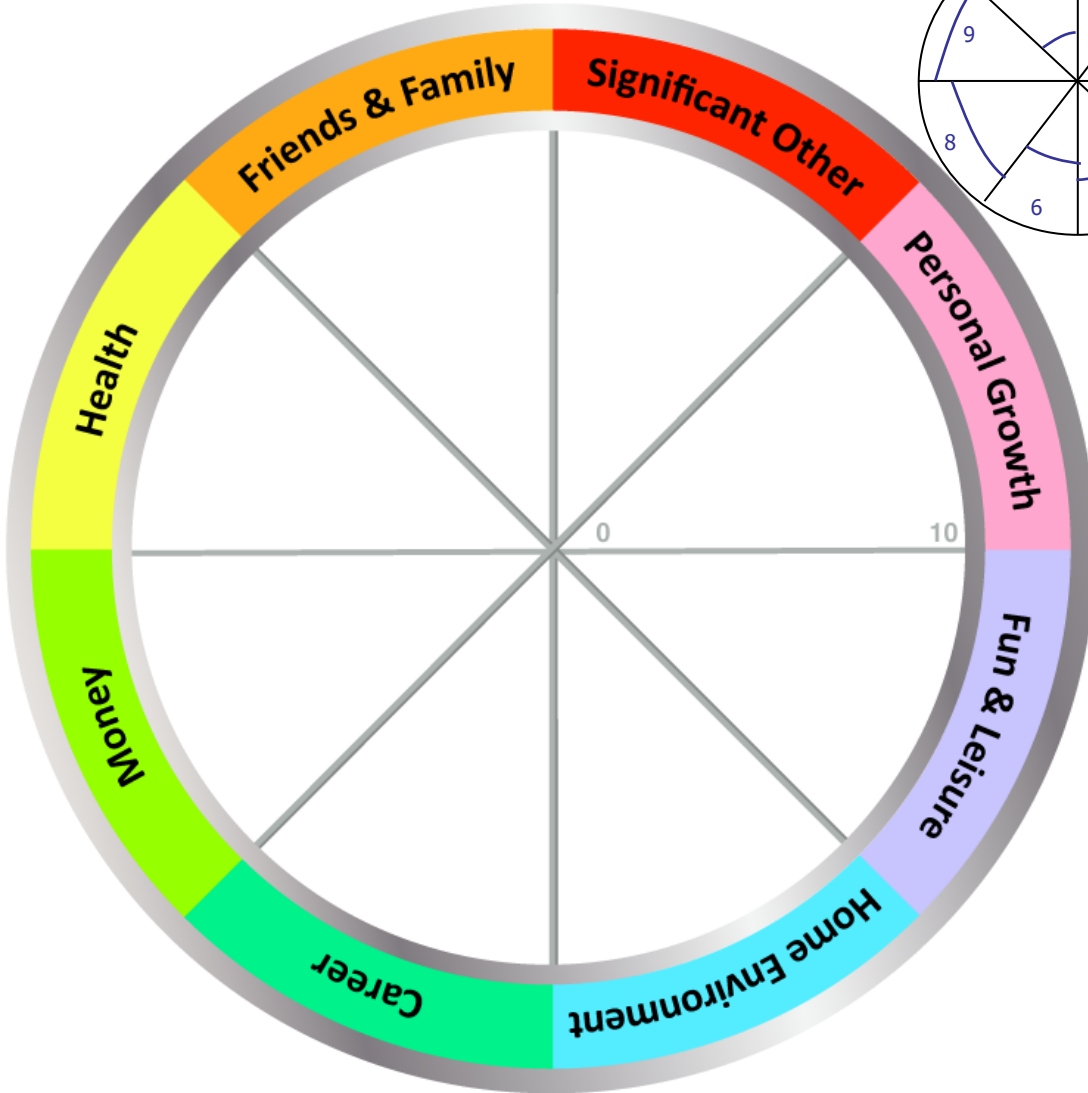
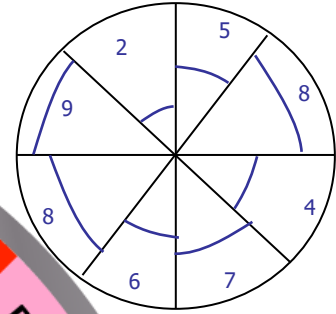


Your Wheel of Life!

| | |
|-------------|--|
| Name | |
| Date | |

EXAMPLE

COMPLETE THE WHEEL:

- Review the 8 Wheel Categories** – Adjust categories to reflect your 8 if needed. Think briefly what a satisfying life might look like in each area.
- 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)