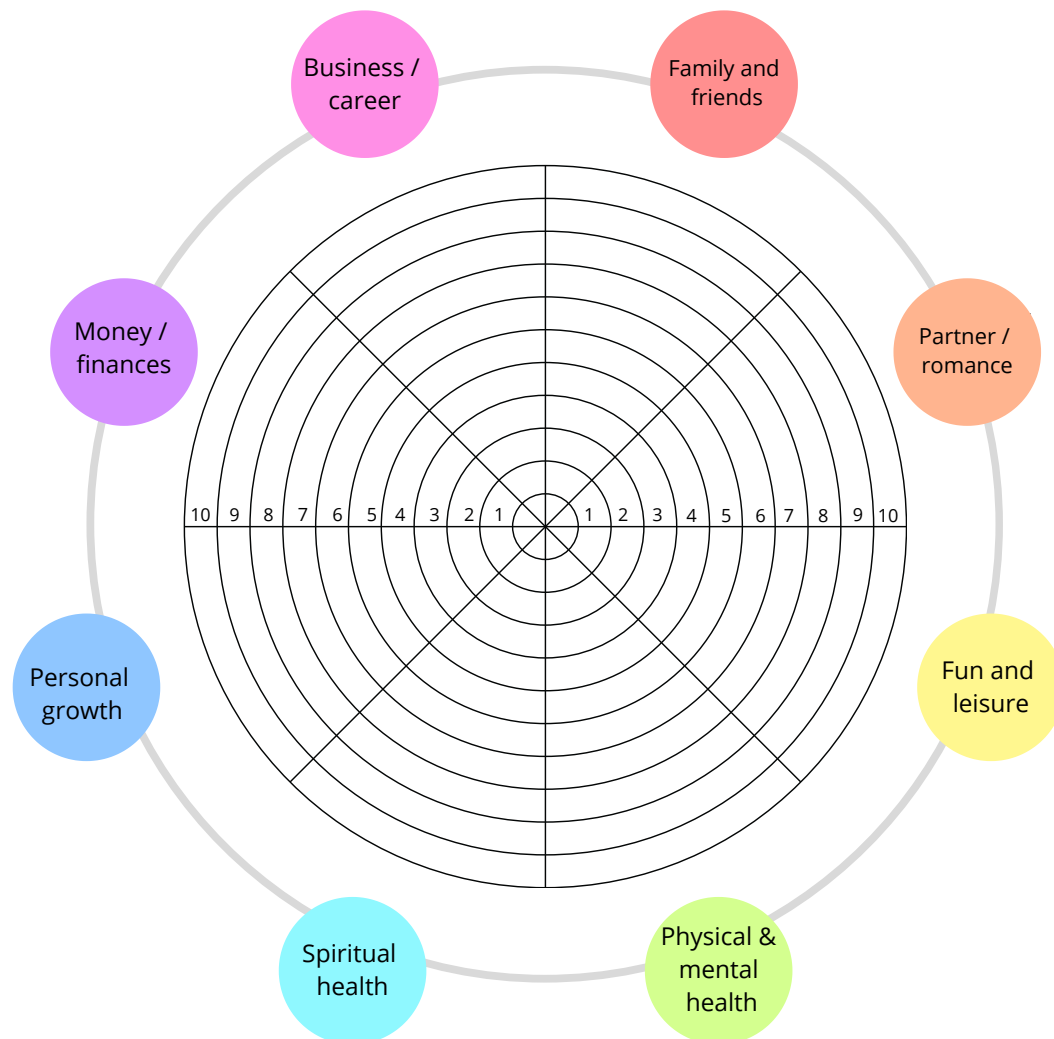




THE WHEEL OF LIFE

The eight sections in the Wheel of Life represent different areas of your life. Imagine the centre of the wheel as 0 and the outer edges as 10, rate your level of satisfaction with each area of life by drawing a curved line to create a new outer edge. or shading in each section. Answer honestly based on how you feel today.



The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be? How do you feel about your life as you look at your wheel?