

The Wheel of Life

Directions: The eight sections in the Wheel of Life represent Balance. Seeing the center of the wheel as a 0 (low) and the outer edges as 10 (high), rank your *level of satisfaction* with each life 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 the ride be? In which areas would you like to increase your satisfaction?

