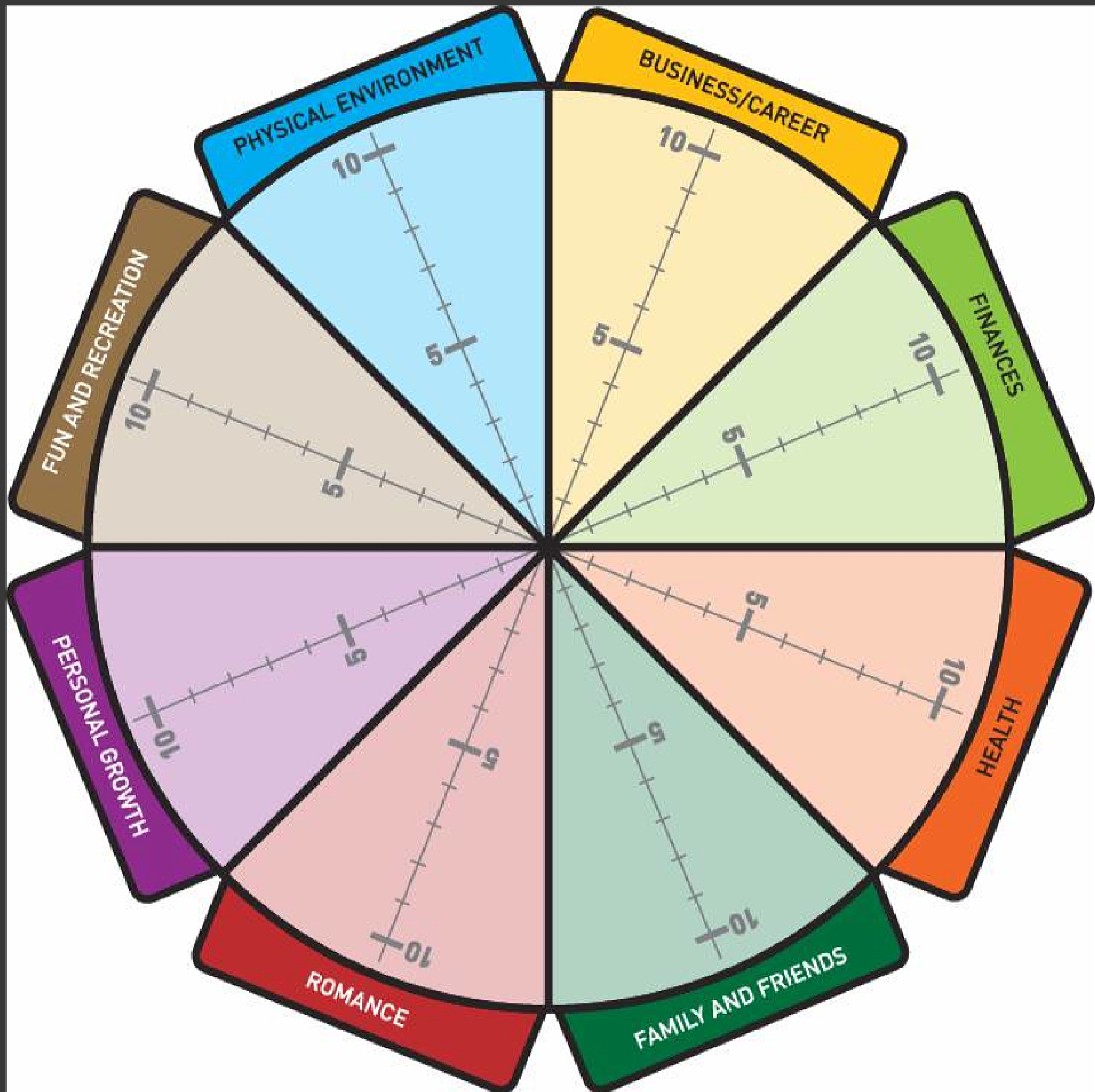


Wheel of Life



WHEEL OF LIFE INSTRUCTIONS:

The 8 sections in the Wheel of Life represent 8 core areas of your life.

A) Please change, split or rename any category so that it's meaningful for you.

B) Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction (or frustration etc) with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)

C) The new perimeter of the circle represents your 'Wheel of Life'.
Is it a bumpy ride?

EXAMPLE

