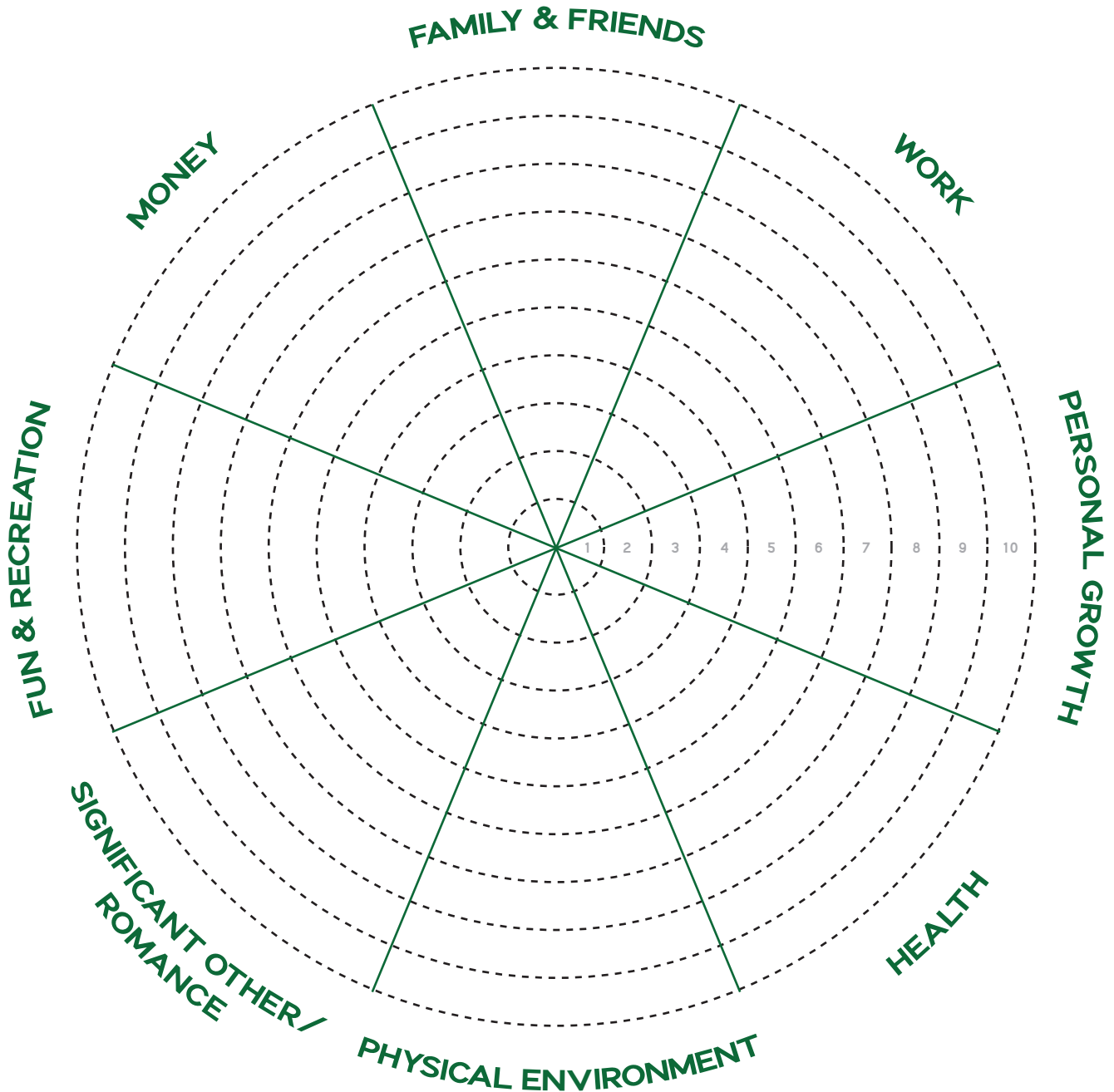




INTO MORE WHEEL OF LIFE

The Wheel of Life is a tool for understanding how satisfied you are with various aspects of your life. The eight sections in the diagram below represent those common aspects. (Feel free to change the labels to represent your life more accurately). Seeing the center of the wheel as 0 and the outer edges as 10, rank your CURRENT level of satisfaction for each life area by drawing a line where your number falls. This will create a new outer edge for each area. The new perimeter of the circle represents the wheel of your life. If this were a real wheel, how bumpy would the ride be? What do you notice about how your life is now? Where do you want your numbers to be? Get MORE out of a specific area(s) of your life and bring your whole life back into better balance by contacting me today!



Name _____ Date _____