

# Wheel of life

exercise

## Directions

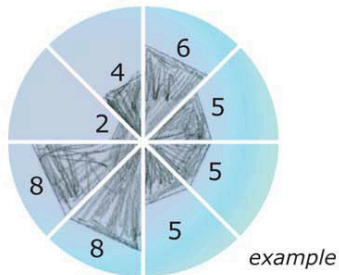
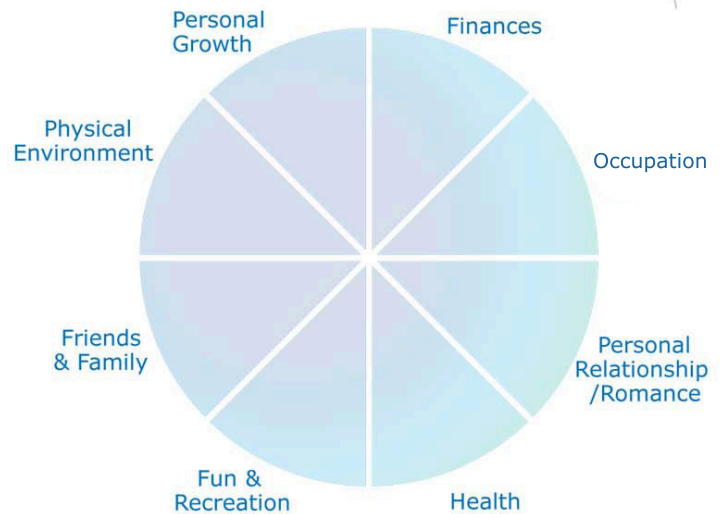
Fill in the date.

For each of the eight life areas:

- 1 with the centre of the wheel as 0 and the outer edge as 10,
- 2 decide how satisfied you are, *eg. on a scale of 1 to 10 how are you with your finances?*
- 3 write down the number,
- 4 draw a line and shade in the centre area.

The edge of the new circle represents your Wheel of Life balance.

How bumpy would the ride be if this were a real wheel?



# Wheel of life

date \_\_\_\_\_

