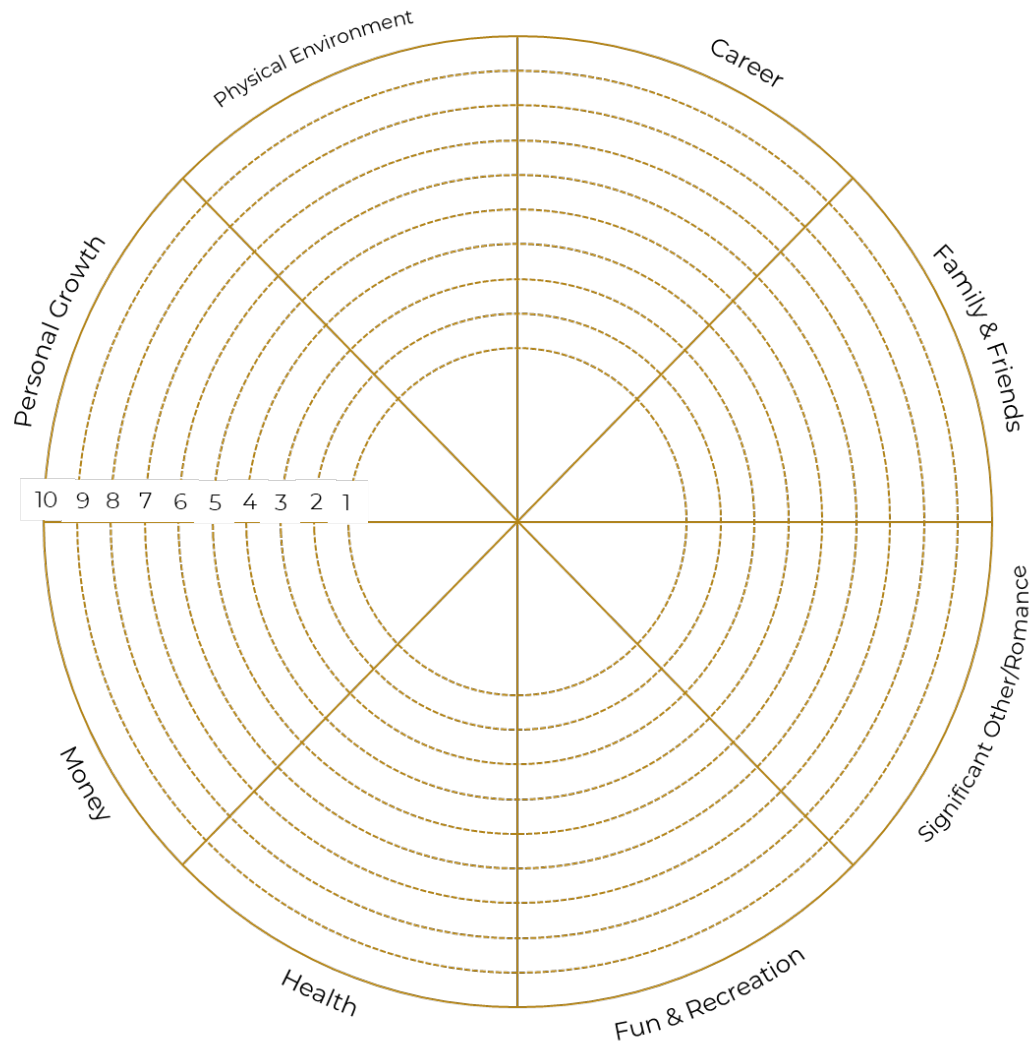




Wheel of Life

Your name: _____

Today's date: _____



How to use the Wheel of Life

The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a 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?

IMPORTANT: use the FIRST number that pops into your head, not the number you think it *should* be.