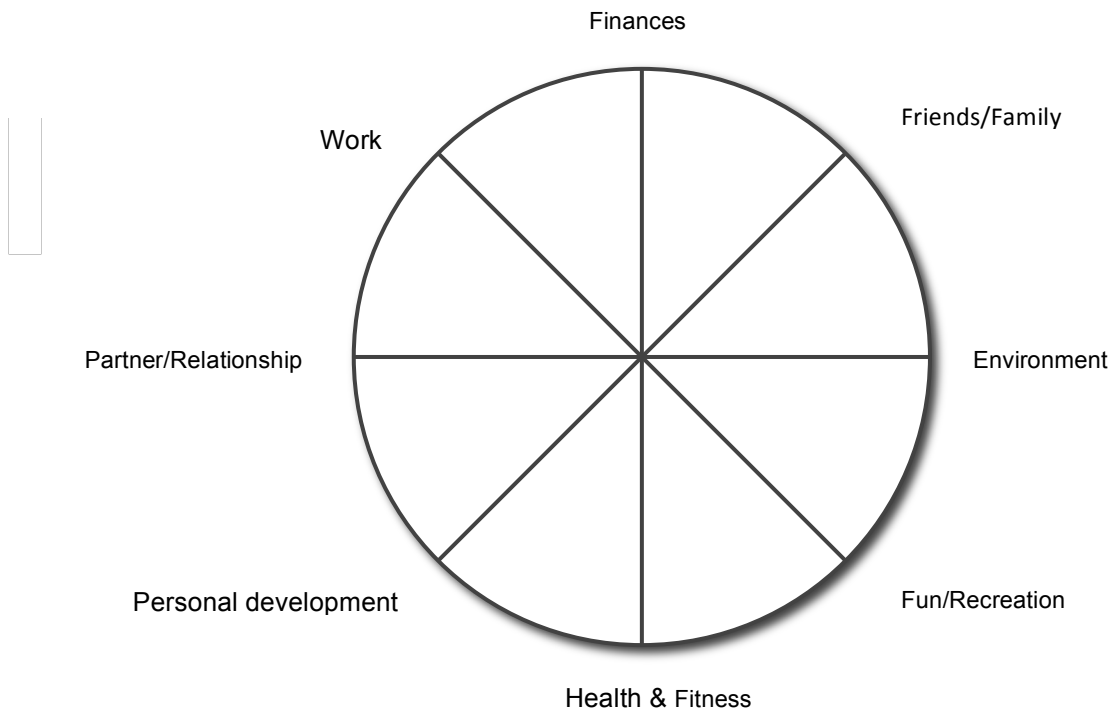


Wheel of Life

Date of evaluation:



Directions:

The eight sections in the Wheel of Life represent main areas of your life.

Taking the center of the wheel as 0 and the outer edge as 10, rank your satisfaction level for each subject matter.

Draw a line joining the marks to create a new outer edge.

The diagram formed by your line represents your personal Wheel of Life.

Mark the evaluation date above the wheel. You may want to refer to it later.

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

Does this inspire you any action-oriented thoughts?