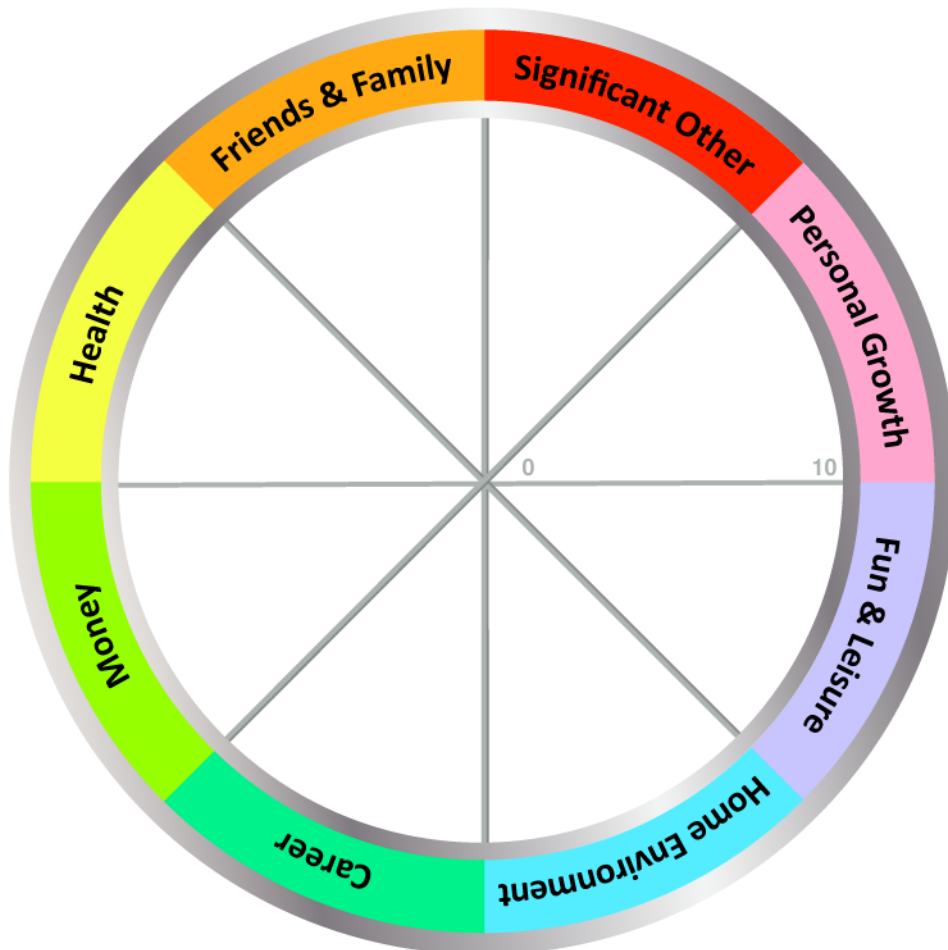
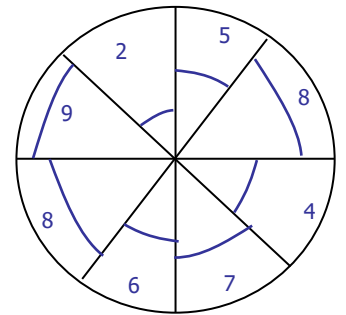




WHEEL OF LIFE



EXAMPLE



How to complete the Wheel of Life:

1. Review each category and identify what a satisfying life might look like for you in each area.
2. Draw a line across each segment that represents your satisfaction score for each area. Imagine the centre of the wheel is 0 (very dissatisfied) and the outer edge is 10 (fully satisfied). Trust your gut and use the first number or score that comes into your head, not what you think it should be or would like it to be!
3. Use the wheel to identify areas of your life that you would like to work on and start setting goals around those.