

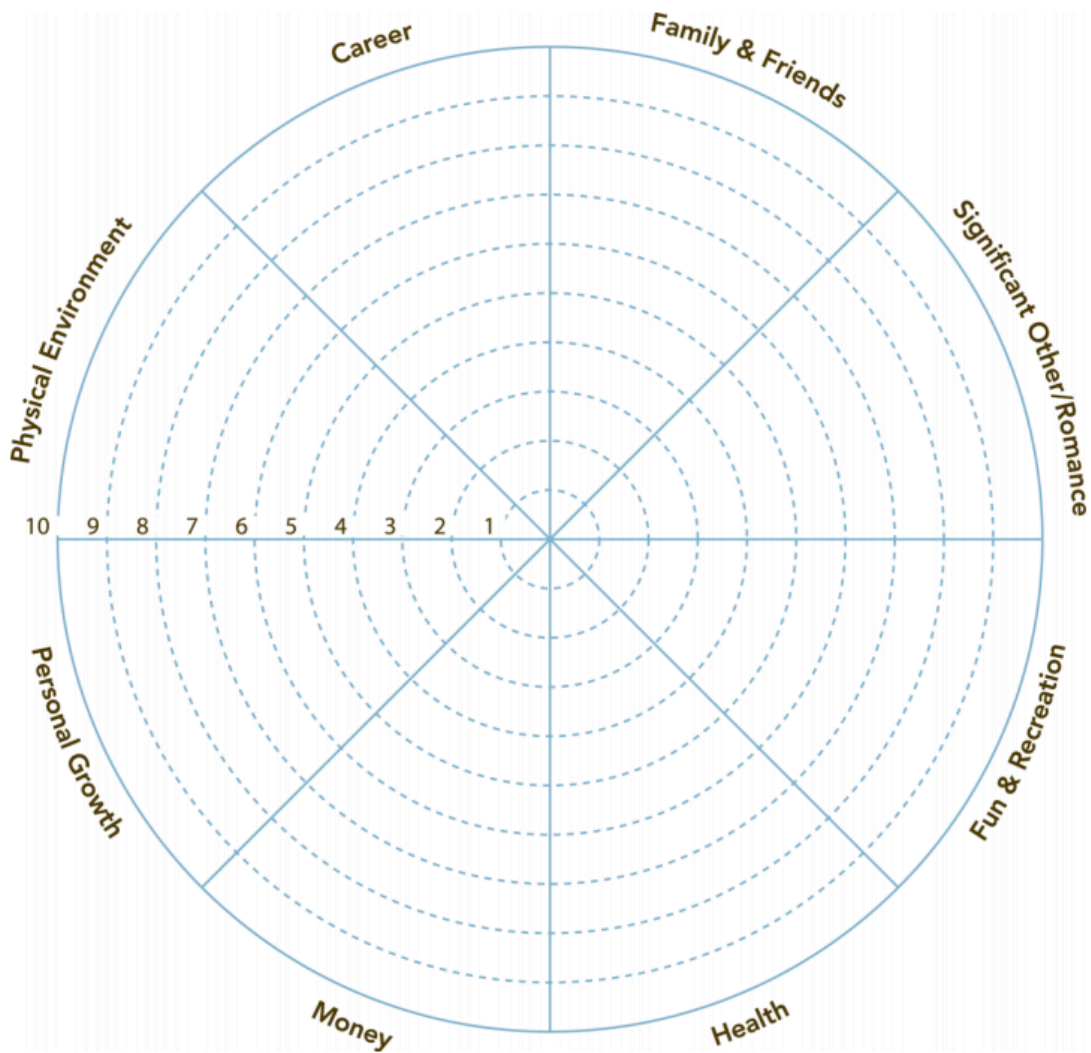


## Wheel of Life

1. Use this exercise to rate your *current level of satisfaction* in each area of your life.
2. One (center of the wheel) is least satisfied and ten (outer edge of the wheel) is totally satisfied.
3. Place a dot or color in the section to indicate your rating for each area of your life.
4. Now rate where you would *like to be* in each area of your life and use a different color or type of mark to indicate those ratings.
5. Notice where you see the biggest gaps. These may point to areas of your life that deserve attention.

Name:

Date Completed:



*Feel free to split "Family & Friends" into two sections if that works better for you.*