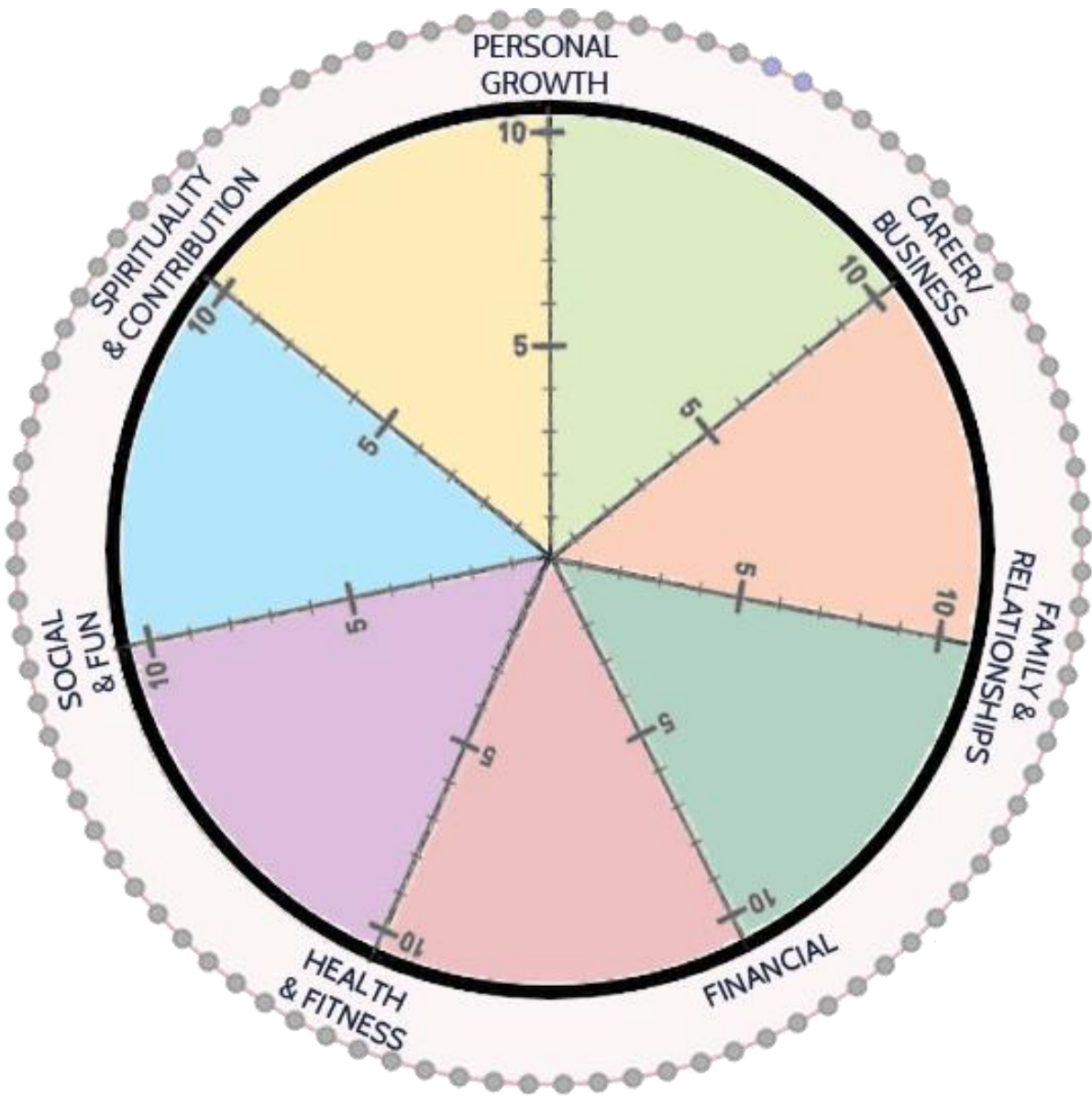


The Wheel of Life



Your Name:

Date:

Step #1: Consider each area in turn, and on a scale of 0 (low) to 10 (high), mark how satisfied you are with it. Mark each score on the appropriate spoke of your Life Wheel

Step #2: Join up the marks around the circle.
Where does it lose shape the most? What could you do to get that more into shape?

Step #3: (Optional) Use the result as your basis for your goal setting ahead