

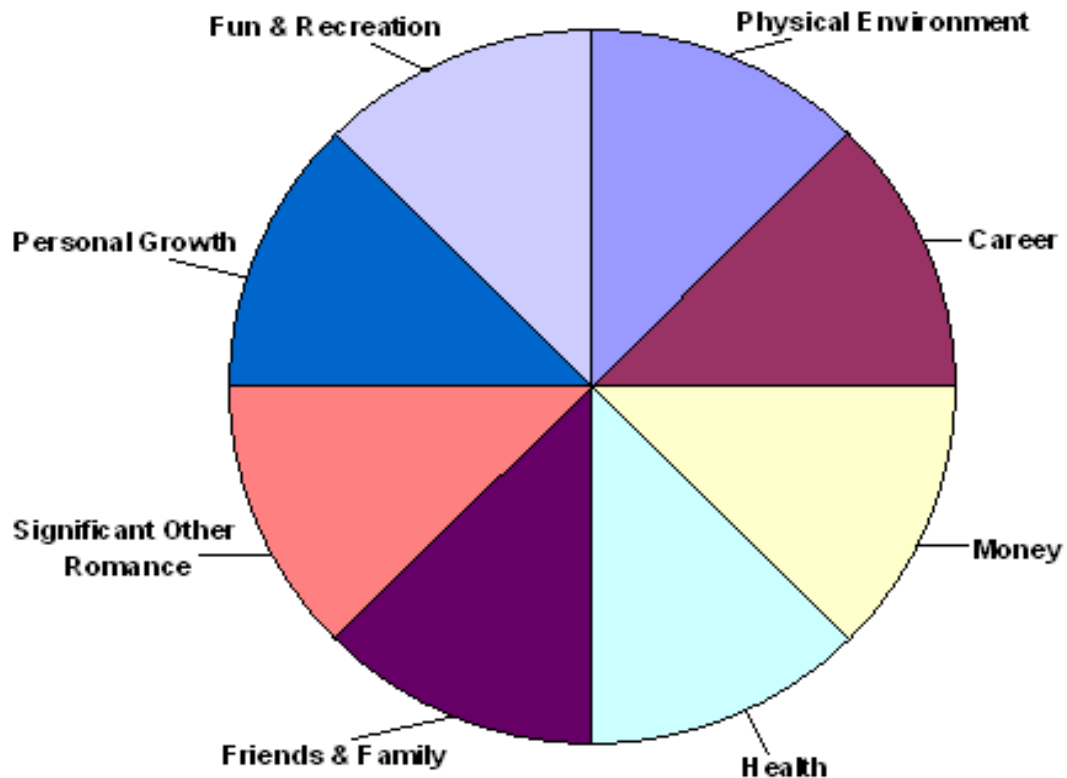
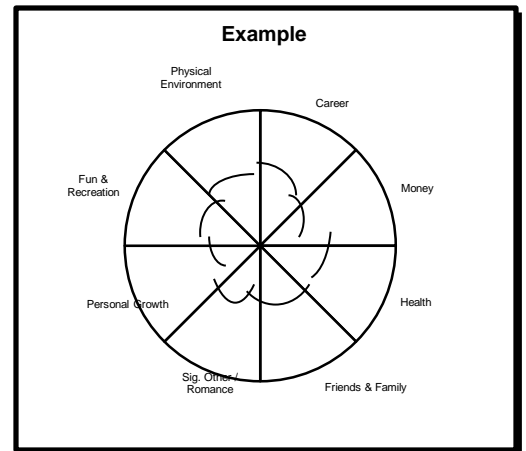
How Balanced is your Life?

Prepared _____

Date _____

WHEEL DIRECTIONS:

The eight sections in the Wheel of Life represent Balance. Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example). The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?



Does this wheel represent how you want your life to be right now? Why or why not?