



Wheel of Life

Directions: The **Wheel of Life** represent a snapshot of your life today. Rate your satisfaction 1 to 10 with each area of your life, today. If the center of the wheel represents 0 and the outer edge 10 draw a straight or curved line across the section. Fill in the wedge if you like (as in the example). This is the wheel of your life, as it is today. If this was a wheel on your car, how bumpy would the ride be? How balanced is it?

