

WHEEL OF LIFE

Directions

The eight sections in the Wheel of Life represent different aspect of your life.

Seeing the center of the wheel as 0 and the outer edges at 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of YOUR life. If this were a real wheel, how bumpy would the ride be?

Pick the area you want to base your session around and start to think about your goals in this area.

