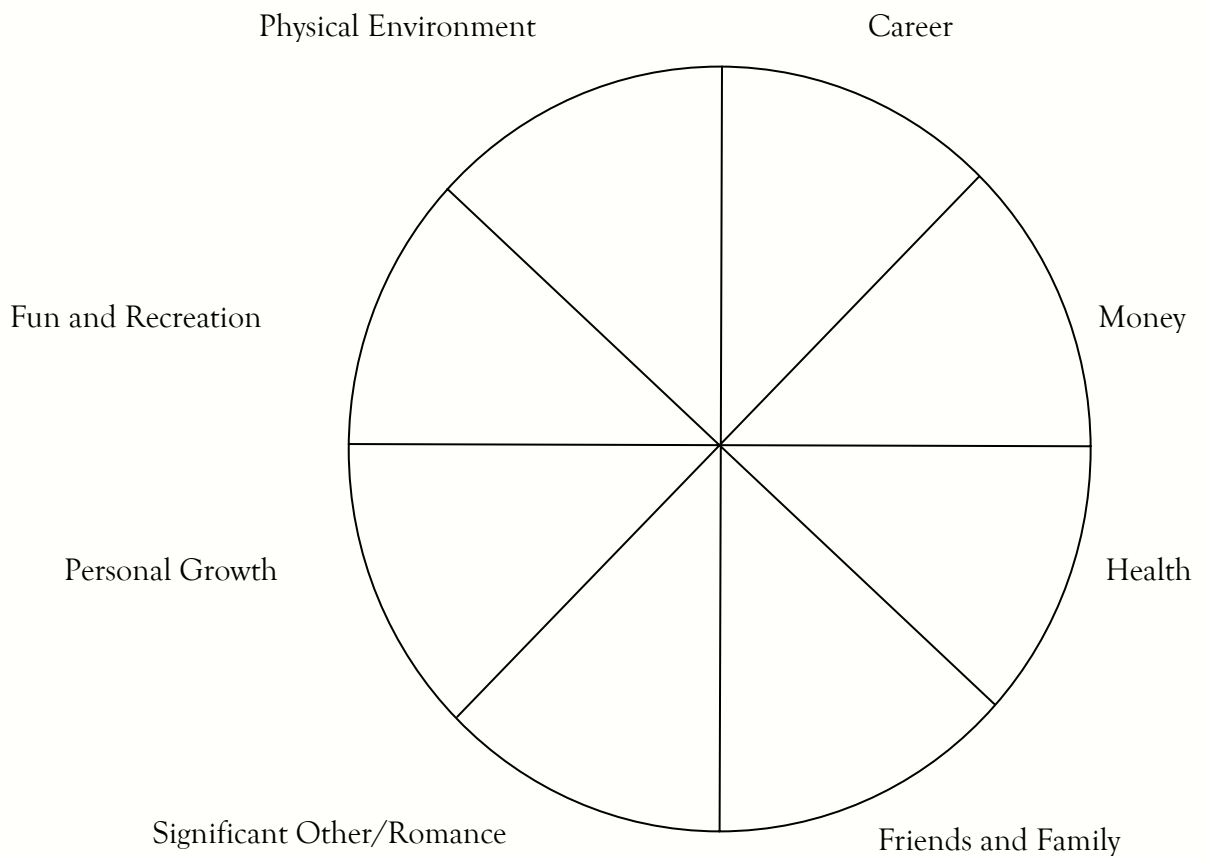


Wheel of Life Exercise



Directions: The eight sections in the Wheel of Life represent balance.

Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight line to create a new outer edge (see example).

The new perimeter of the circle represent the Wheel of Life.

Example

