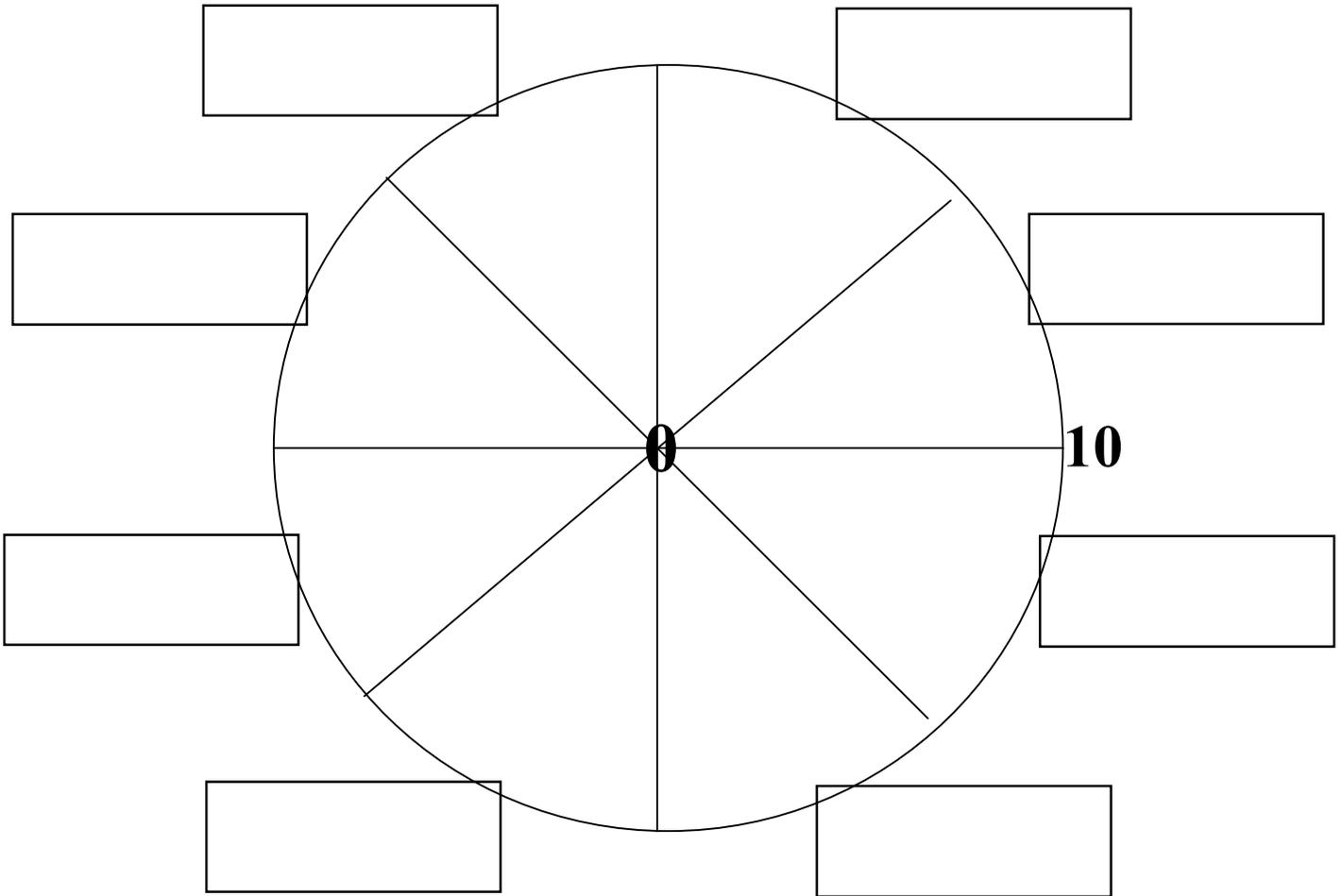




NAME: _____

DATE: _____



WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- ☉ Please name and/or split any category so that it's meaningful and represents your life.
- ☉ Next, taking the center of the wheel as 0 (unsatisfied) and the outer edge as 10 (very satisfied), rank your **level of satisfaction** within each area by drawing a straight or curved line to create a new outer edge (see example)
- ☉ The new perimeter of the circle represents **your** 'Wheel of Life'.
- ☉ The usual categories are Family/Friends, Significant Other/Romance, Career, Finances, Health-(emotions/physical/fitness/nutrition/wellbeing), Environment/Home, Fun/Recreation/Leisure, Personal Growth/Learning/Self-development, Spiritual, Security, Leadership, Integrity, Achievement, Community, Parenting, etc. Customize it for yourself.

