

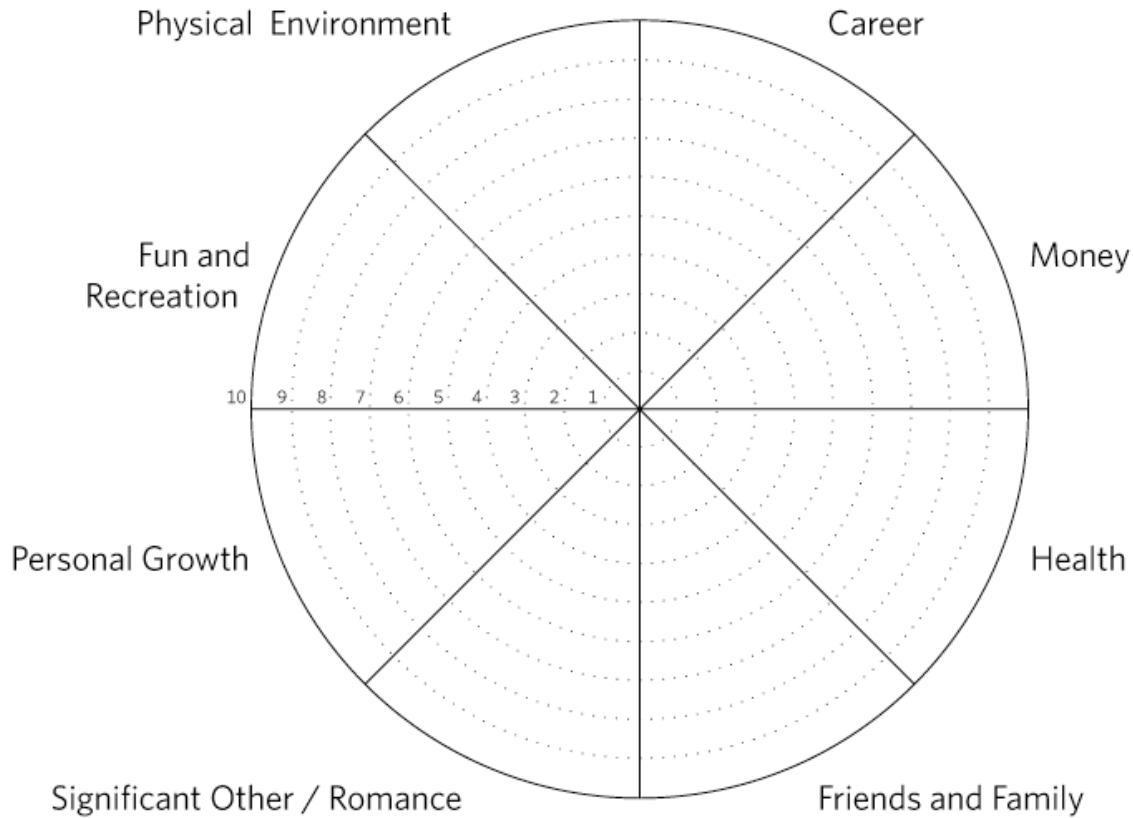


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Wheel of Life Exercise



Directions:

This wheel contains eight sections that, together, represent one way of describing a whole life. This exercise measures your level of satisfaction in these areas on the day you work through this exercise. Taking the center of the wheel as 0 and the outer edge as an ideal 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 on next page). The new perimeter represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Let's start to look at areas where you want to improve your level of satisfaction and think about what you might do to accomplish that.

Example

