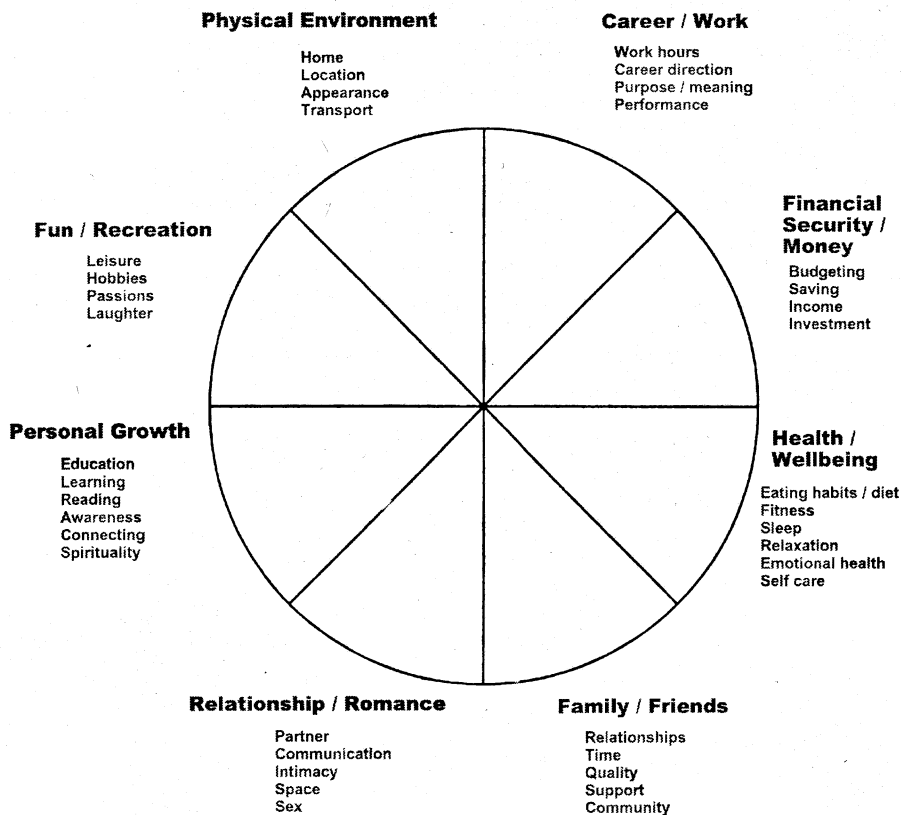
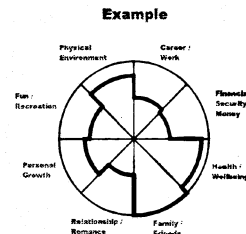


Wheel Of Life

Your **Wheel of Life** is a great way to get an idea of where you are in different areas of life. It also helps you pinpoint those areas you need to focus on to create a whole and balanced life.



Directions: The eight sections of the wheel represent your current life balance. If you view 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 line to create a new outer edge (see example right).



Reflection: What have you learned from this exercise? Are there areas that call for a new commitment? Are you doing better than you thought?

Your focus areas: Based on your wheel, what three areas of your life need your attention now?

1. _____
2. _____
3. _____

