

Life Wheel



Instructions

1. Review the categories.
Think briefly what a satisfying life might look like for you in each area.
2. Draw a line across each segment that represents your current satisfaction score for each area.
 - Imagine the center of the wheel is 0 and the outer edge is 10.
 - Choose a value between 0 (very dissatisfied) and 10 (fully satisfied).
 - Now draw a line and write the score alongside (see example above).

Use the FIRST number that pops into your head, not the number you think it *should* be!

