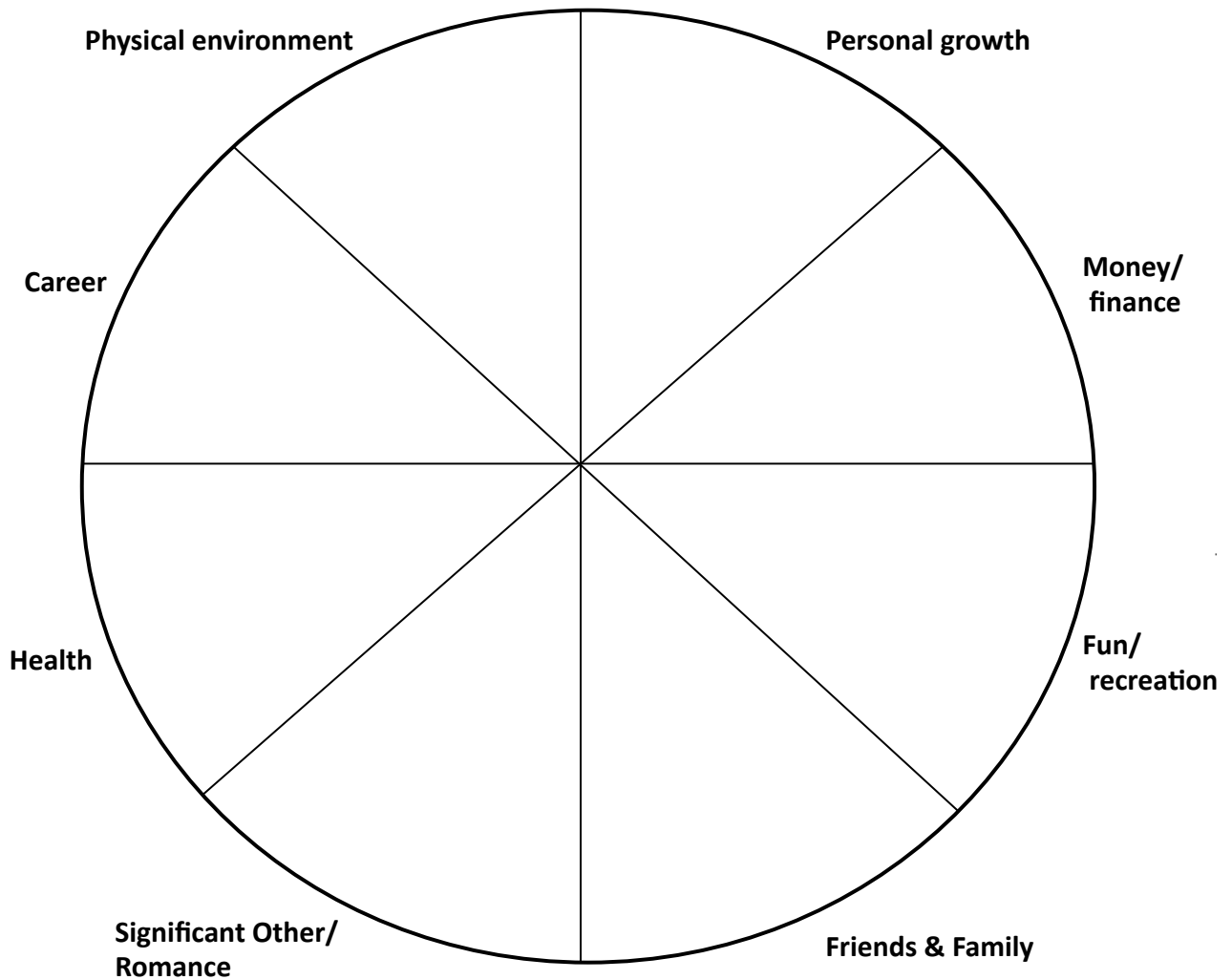


# Wheel of Life Exercise



**Directions:** The eight sections of the Wheel represent major areas in our lives. Feel free to add or change categories as needed to make the Wheel represent you. Assume the center of the wheel is 0 and the outer edge is 10. Rank your level of satisfaction with each area by placing a number from 1-10 outside each wedge (0 is completely dissatisfied, 10 is completely satisfied). Draw a straight or curved line in each section which corresponds to your ranking. The new perimeter of the circle represents the level of balance in your life.

## Example

