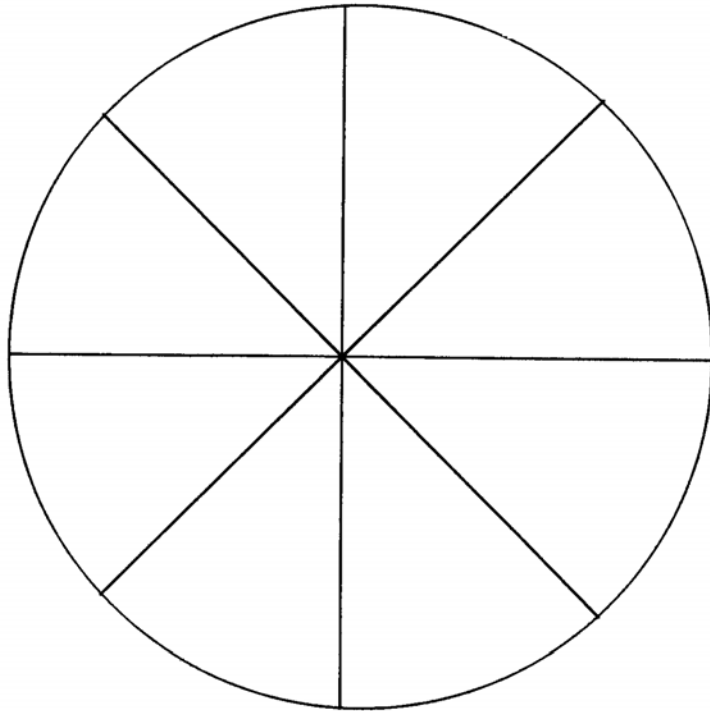


# WHEEL OF LIFE EXERCISE

Date \_\_\_\_\_

Name \_\_\_\_\_

Area of attention \_\_\_\_\_



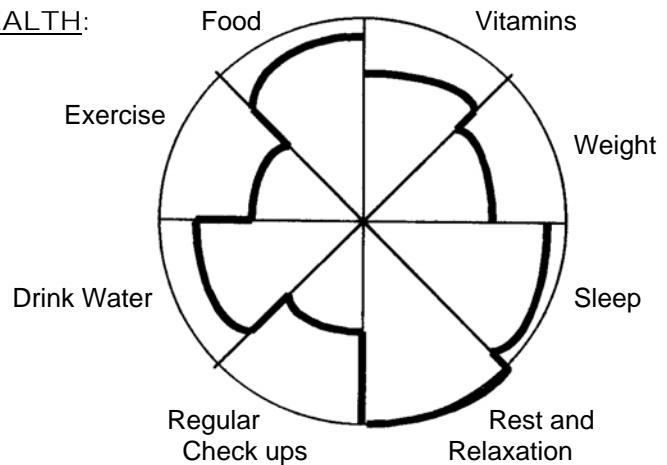
**DIRECTIONS:** The eight sections in the Wheel of Life represent balance.

Regarding the **center of the wheel as zero and the outer edge as 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).

The new perimeter of the circle represents the Wheel of Life. *How bumpy would the ride be if this were a real wheel?*

## EXAMPLE

HEALTH:



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