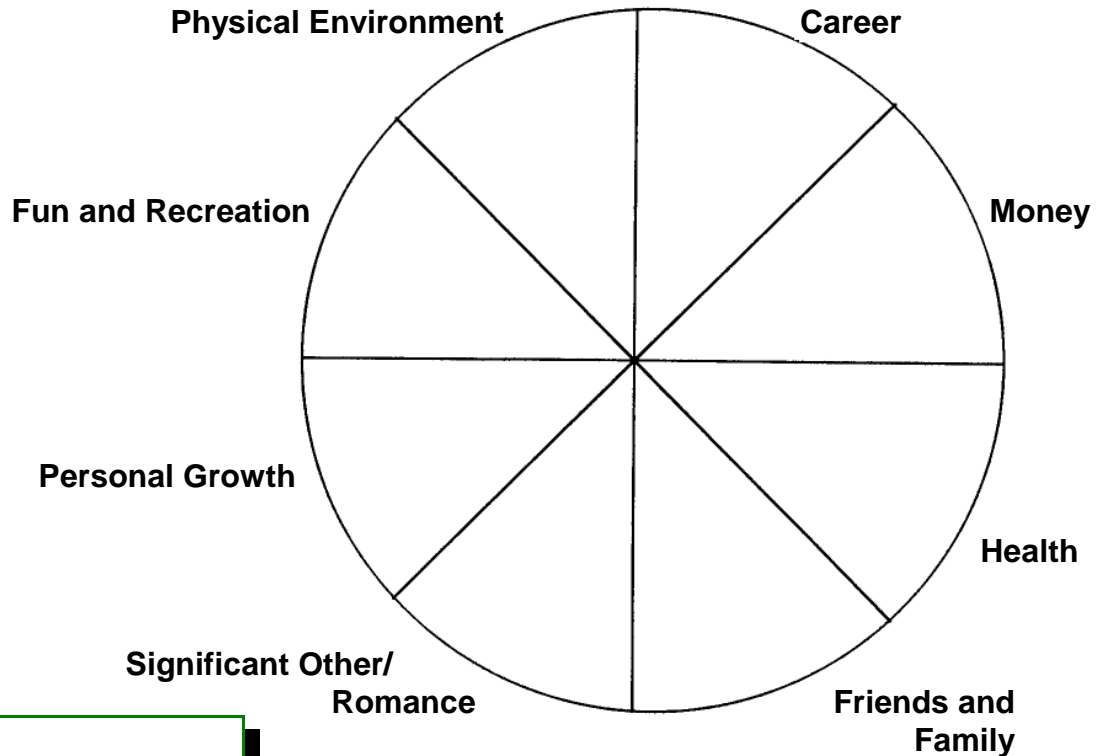


WHEEL OF LIFE EXERCISE

Date _____

Name _____

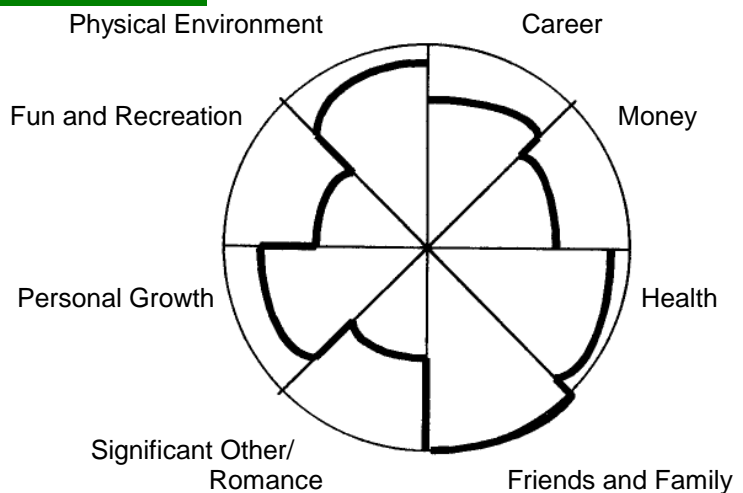


DIRECTIONS: The eight sections in the Wheel of Life represent balance.

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



DR. DIANNE RUTH

PhD in Psychology • Anxiety Care Coach & Alternative Counselor

Email: DrRuth@AnxietyCareCoach.com • Website: AnxietyCareCoach.com • DynamicResources.net
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