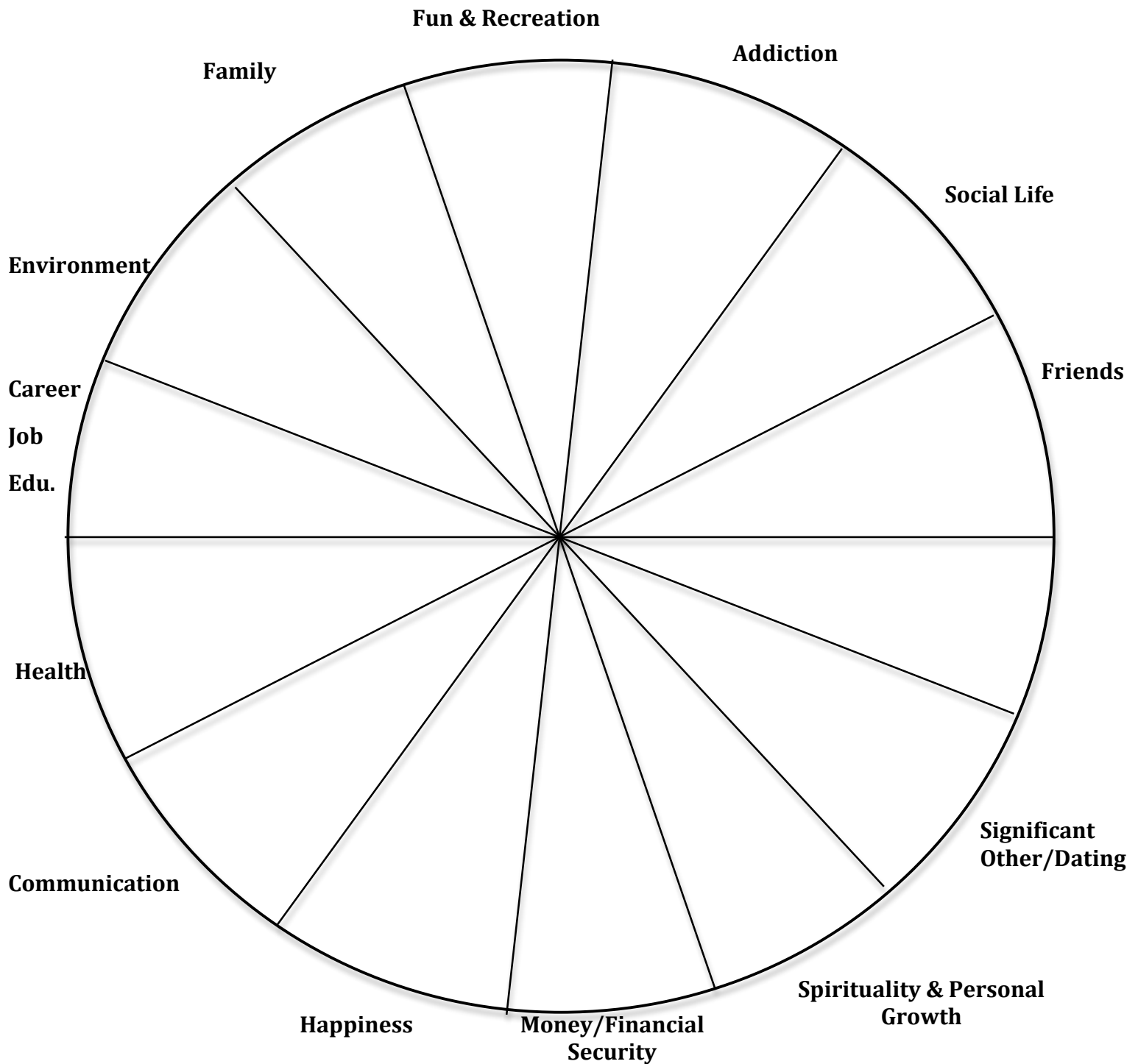


The Wheel of **Life**



Instructions

The center of this wheel represents 0, or no satisfaction, and the outside edge represents 10, or complete satisfaction. Rank your level of satisfaction in each area of life by coloring in each designated triangle to "maximum satisfaction." If the health triangle is colored completely, for example, this represents complete satisfaction.

Consider this: The new perimeter of this wheel represents your life. If this were a real wheel, how bumpy would the ride be? What is one thing you can do to improve each area of the wheel now?

Date _____