

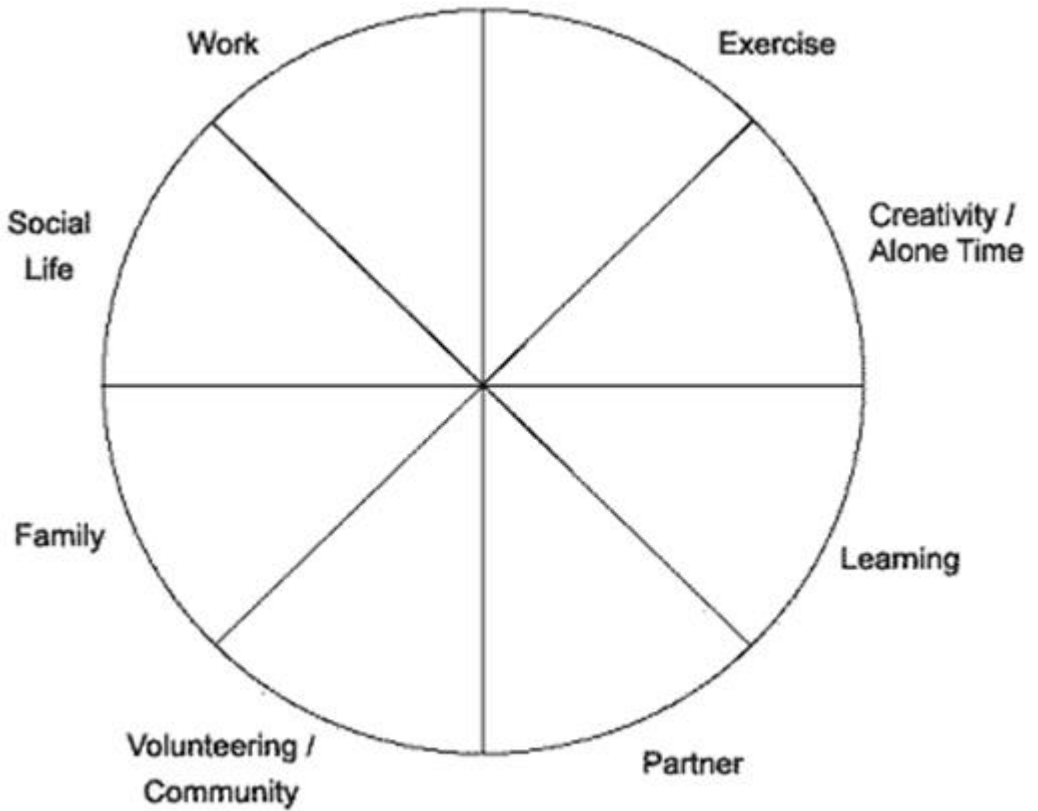
WHEEL OF LIFE WORKSHEET

The eight sections in the wheel represent balance. If you regard the centre as 0 and the outer edge as 10, you can rank your level of satisfaction with each life area by drawing a curved line to create a new outer edge.

Here is an example:



**BLANK WHEELS FOR YOU TO PRINT OUT AND COMPLETE:
WHEEL 1 YOUR LIFE AS IT IS NOW**



WHEEL 2 YOUR LIFE AS YOU WOULD LIKE IT TO BE BALANCED

