

The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 0 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 represents the wheel of your life. If this were a real wheel, how bumpy would the ride be? How satisfied are you with each area? How satisfied do you want to be?

