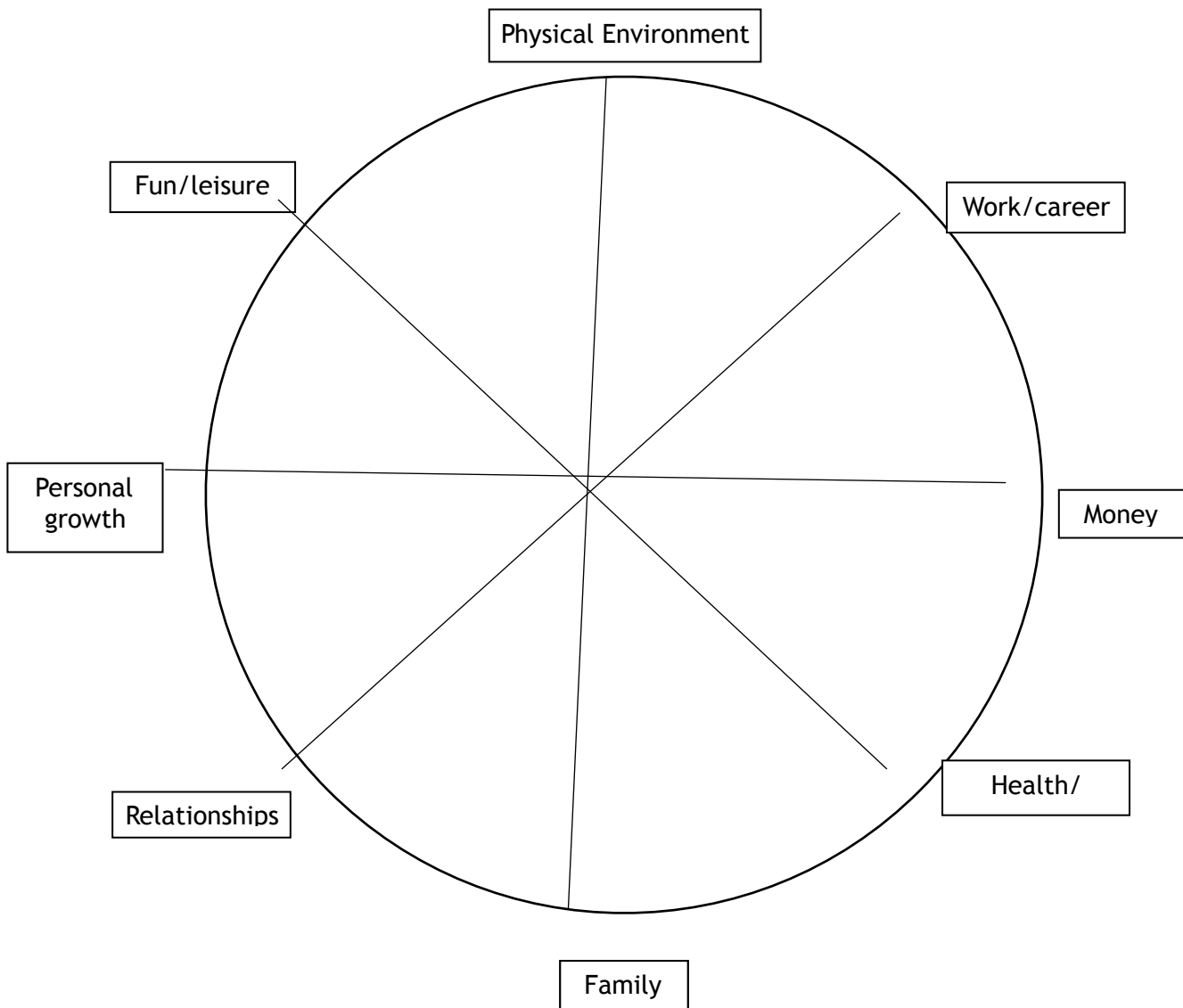


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WHEEL OF LIFE



Instructions

- Please score all 8 areas from 0 to 10 remembering that this is a snapshot of where you are in your life at this point in time.
- 0=an area where you are completely unfulfilled. It is in the middle of the wheel
- 10=an area where you are completely fulfilled. It is on the outer spoke of the wheel

Write down your thoughts as a memory jogger. Look at your wheel - is it bumpy and uncomfortable or is it smooth and easy to ride?