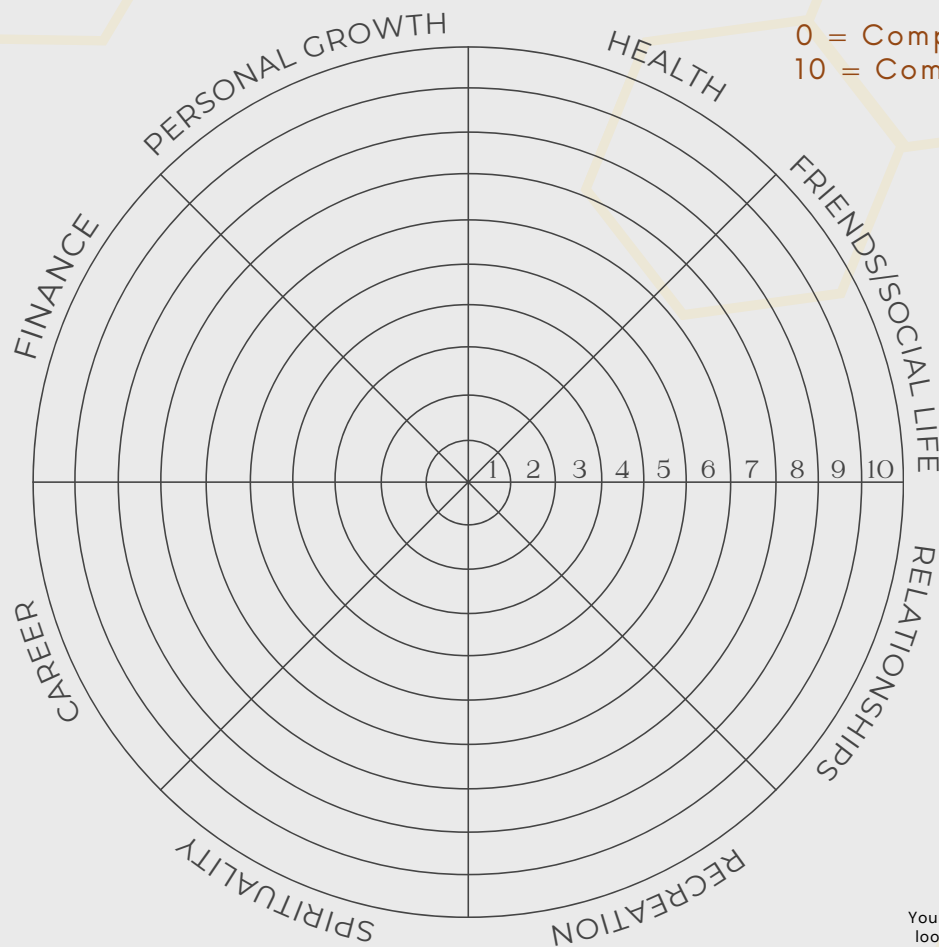


WHEEL OF LIFE

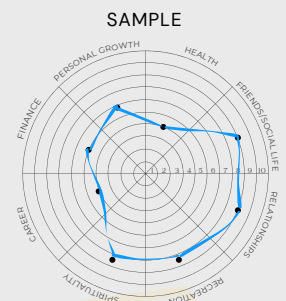
The wheel of life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below, and rate them from 1 - 10 by marking a dot on the line corresponding to your rating. If any category isn't applicable to you, strike it out or replace with a category that applies to you.

Join all the dots in a sequence.

The new perimeter of the circle represents your Wheel of Life. You then ask yourself, "Is it a bumpy ride?"



0 = Completely dissatisfied
10 = Completely satisfied



Your wheel of life (finished activity) may look like this. This wheel indicates that area of major focus is career and improving skills in that area can affect finances, health and increase personal growth.

Now, looking at the wheel try to answer these questions!

- Are there any surprises for you?
- How do you feel about your life as you look at your Wheel?
- How do you currently spend time in these areas? How would you like to spend time in these areas?
- Which of these categories would you most like to improve?
- What change should you make first? And what change do you want to make first?

Take action - Choose the top 3 categories that will help you bring balance in your life. Identify 1 action for each category. And initiate change by taking the smallest step.