

Married Life University MARRIAGE WHEEL

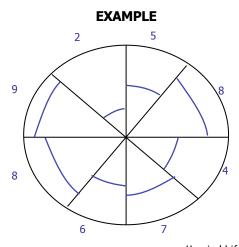
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WHEEL OF LIFE INSTRUCTIONS

Email: info@marriedlifeu.com

The 8 sections in the Marriage Wheel represents areas of Marriage Health: COMMUNICATION, PHYSICAL HEALTH, CHILDREN, JOB, FUN TIME, SPIRITUAL INTIMACY, SEXUAL INTIMACY, FINANCES

- Please change, split or rename any category so that it's meaningful for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction (or frustration etc)** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)



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