



Married Life University MARRIAGE WHEEL

NAME: _____

DATE: _____

WHEEL OF LIFE INSTRUCTIONS

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)

EXAMPLE

