

Your name

Wheel of Life

Step 1: For each of the 8 categories below, choose a segment of the circle and draw a line that reflects your present sense of it from 1 (close to the center) to 10 (edge of the circle). The higher the number, the stronger the assessment.

1. Family/Friends
2. Significant Other/Romance
3. Fun and Recreation
4. Health
5. Money
6. Personal Growth
7. Physical Environment
8. Career

Step 2: Take some time to write and reflect about what makes each number what it is.

