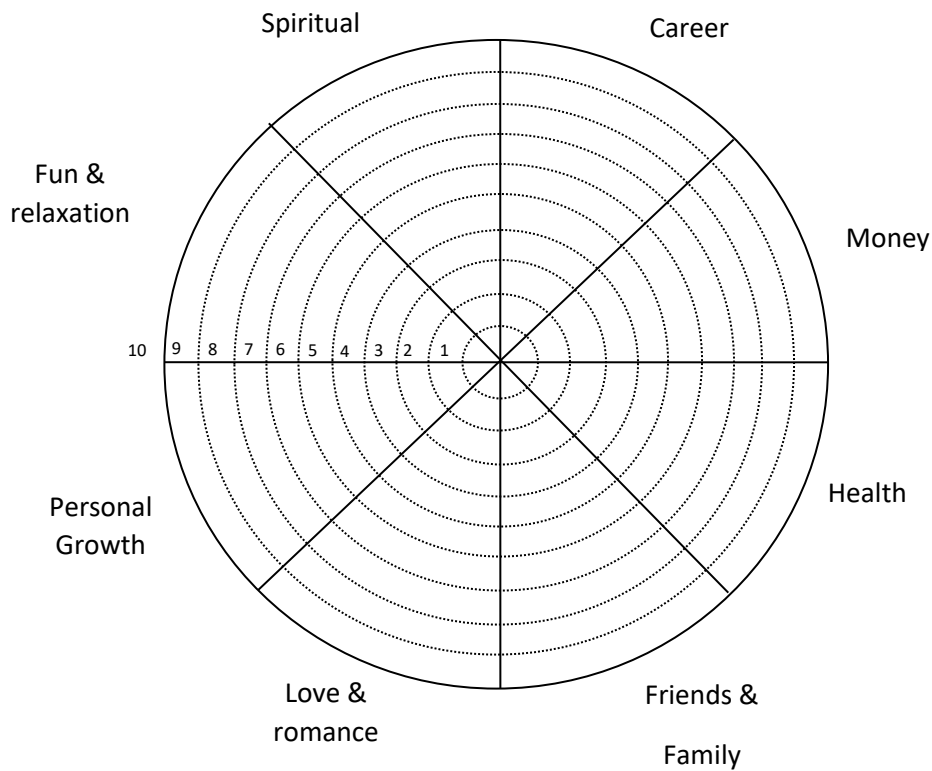


## WHEEL OF LIFE



**Directions:** The eight sections in the Wheel of Life are one way of representing a whole life (you can also change some segment headings to be more reflective of what is of value to you) Once you've decided on your heading, on a scale of 1 to 10 (1 lowest, 10 highest) –

1. Mark how **important** each of these is to you
2. Mark your **current level of satisfaction** with each of these

This should give you a first indication of where you may want to focus your energies on.