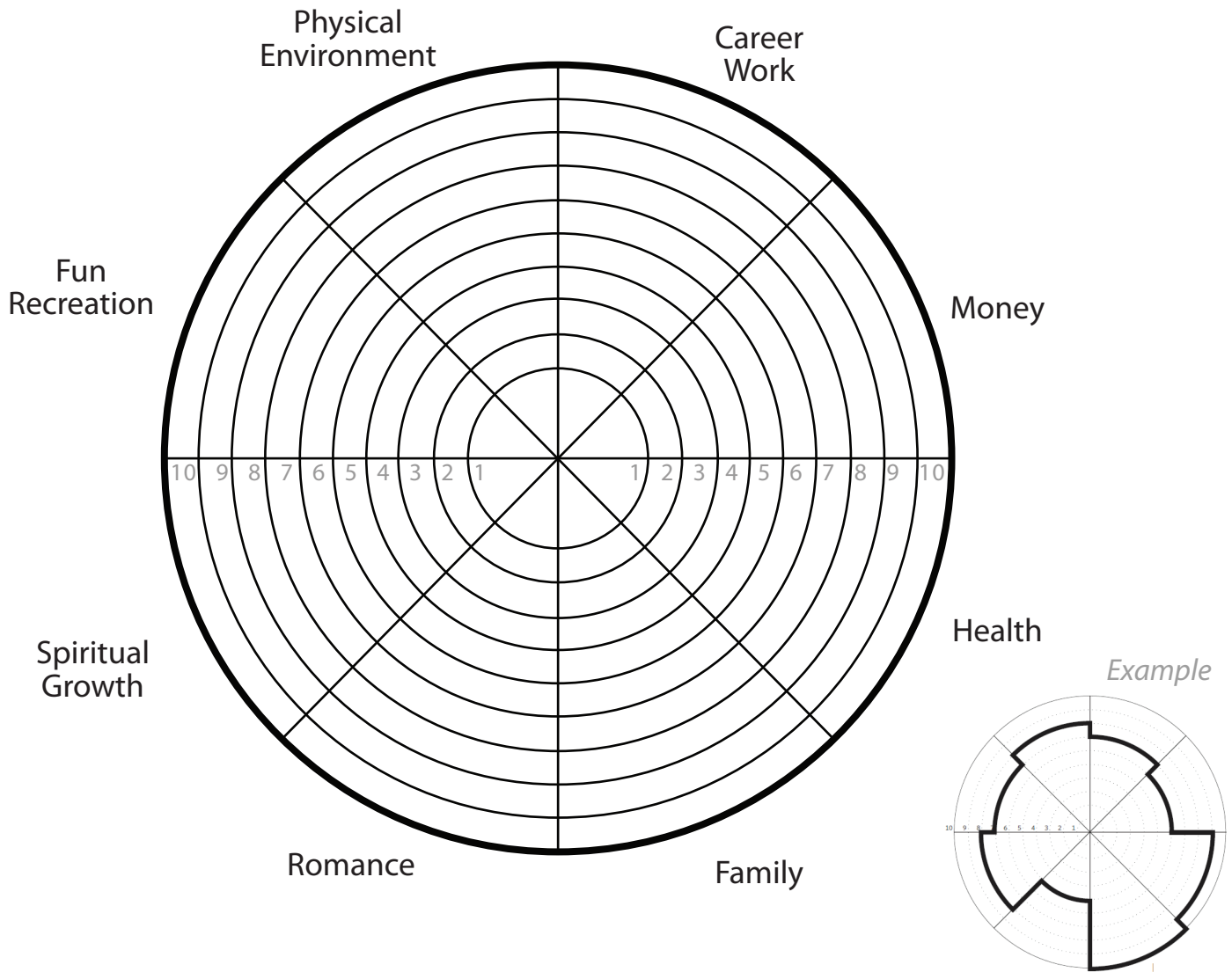


Wheel of Life Chart



- 1** Taking a segment of the wheel in turn and ranking from 0 to 10 (at the outer edge) rank your level of satisfaction with each area of your life. Mark a dot on the spoke.
- 2** Connect the dots you have drawn with a curved or straight line around the circumference of the wheel to create a new outside edge. The completed wheel may look similar to the example shown.
- 3** The perimeter you have drawn represents your own personal Wheel of Life. Consider a ride around the wheel you have drawn in real life - how bumpy would it be?

A. Which area satisfies you the most?

B. What is your weakest area of satisfaction?

C. What do you need to level the circle all the way around?

D. How can you raise your level of satisfaction in least fulfilled area?