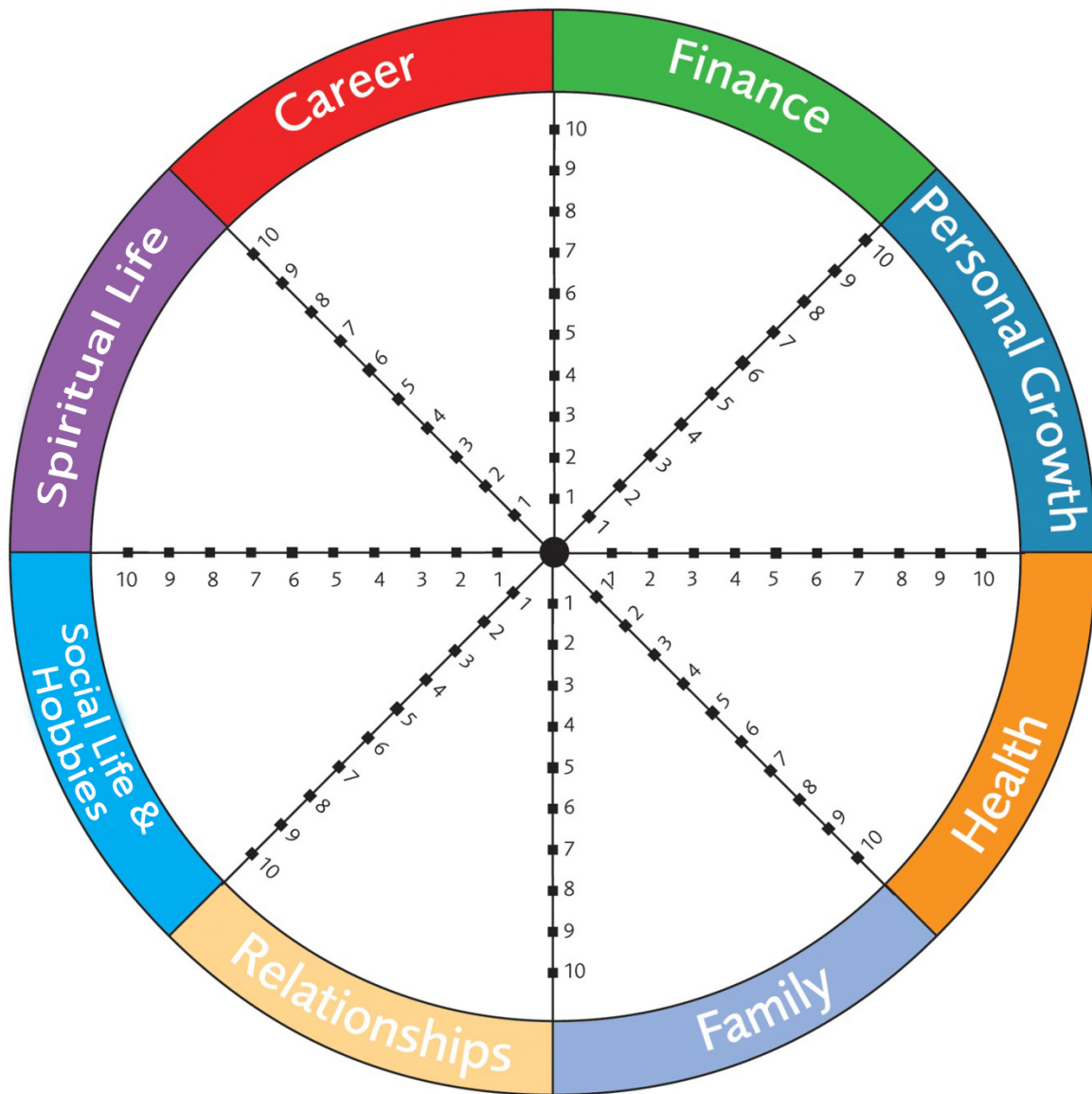


# Wheel of Life



**Directions-** Consider each area of your life (as separated above). Ask yourself, on a scale of 1-10 how satisfied am I currently with this area of my life? If you are very satisfied your number will be closer to a “8 or 10” if you are unsatisfied your rating will be closer to a “1 or 3”. If you are moderately satisfied you’ll be closer to a “5 or 6”. Once you determine the number for that life category, from the center, shade towards the outside of the circle up to the number that best describes your current level of satisfaction. Upon completing this exercise you will clearly see the area(s) of your life where you are most fulfilled and the area(s) of your life where you are least satisfied.