

WHEEL OF LIFE

1. Looking at the Wheel's center, the numbers begin at 1 and radiate outward to 10.
2. For each of the wheel's eight wedges/categories, rate your level of current satisfaction (1 is not at all satisfied; 10 is highly satisfied).
3. Shade in each wedge to match your rating (e.g., if you rated the "Money" wedge a 7, shade the area between 7 and 10).
4. IMPORTANT: Use the first number (rating) that pops into your head, not the number you think it should be.

