



The Wheel of Life

There are 8 sections to the Wheel of Life that represent several different aspects of your life. Seeing the center of the wheel is a zero and the outer edges are a ten, rank your level of satisfaction with each area by drawing a line along the dotted lines to create a new outer edge.

Remember that this is rating your level of satisfaction, not how others view you or what you have. This is a reflection of how you feel about it today, not a few weeks or months from now and not how it was in the past.

This is not a report card and it's definitely not a test. There is no right or wrong answer, just your answer. A lot of times we have a number, then we think about it and start defending or deciding on a new number.

It's best to just go with your gut and choose the first number that comes to your mind.

Rank Your level of Satisfaction

