



Wheel of Life Assessment Exercise

WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

1. Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
2. Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
3. The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

EXAMPLE

