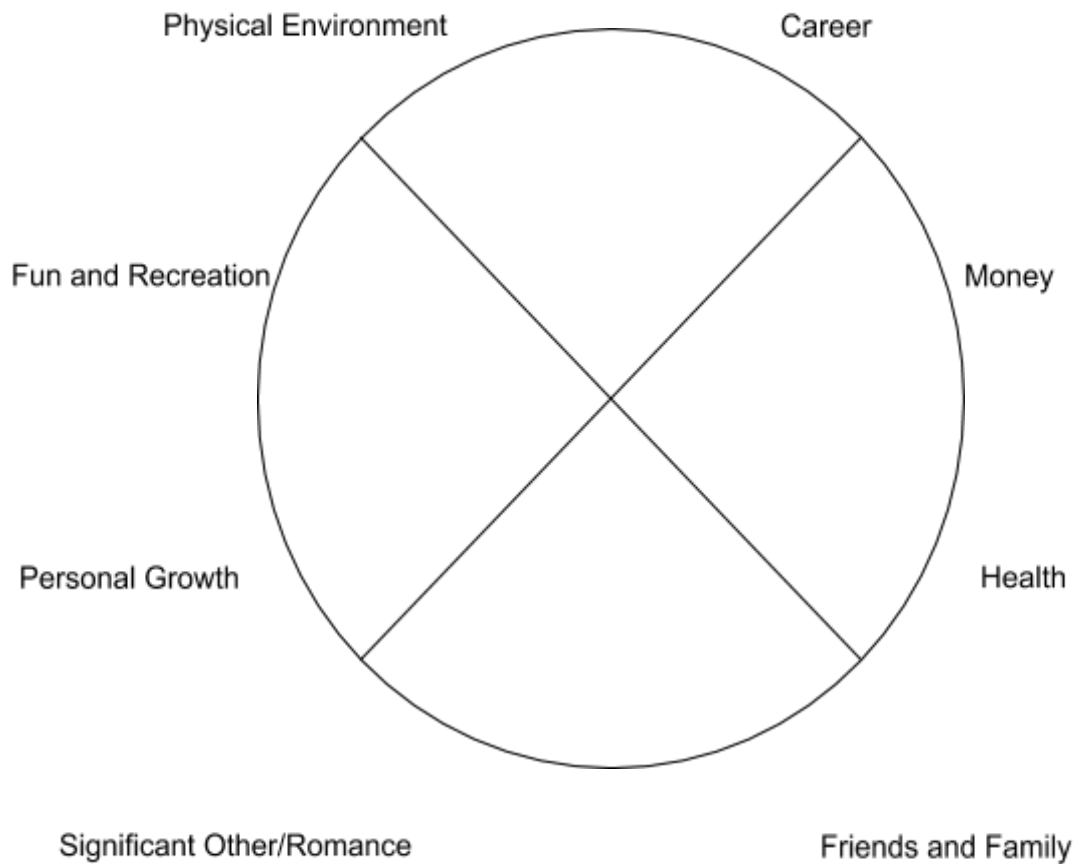
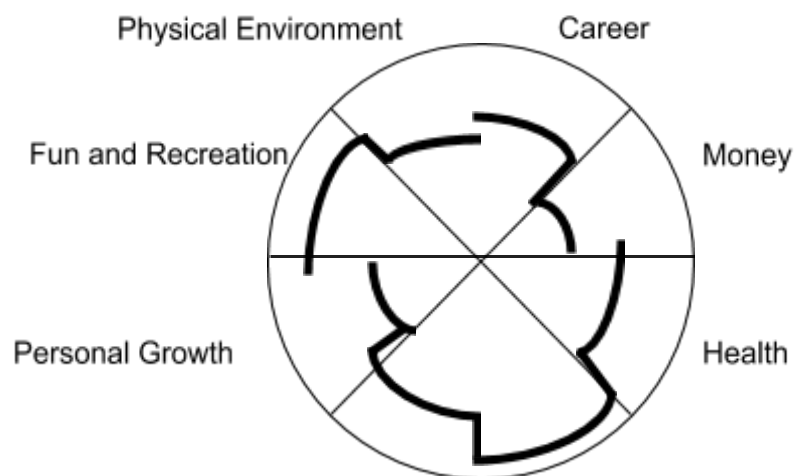


Wheel Of Life Exercise



Directions: The eight sections in the Wheel of Life represent balance. Regarding the centre of the wheel as 0 and the outer edge as 100%, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example below). The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?



Significant Other/Romance

Friends and Family

Pick three areas from your Wheel of Life (see attached) that you would like to make changes in.

	One	Two
Step One: What is the issue in this area?		
Step Two: What is missing in this area?		
Step Three: What would you like to change?		
Step Four: What is preventing this from happening?		
Step Five: What is your goal in this area? (Try turning your answer from step two into a positive statement)		