

Wheel of Life

It is important to be aware of what aspects of your life need attention. This wheel will enable you to consider how your life appears at the moment.

To help you find which areas of your life would benefit from being changed, use this wheel.

- The centre of the wheel is 0 – totally dissatisfied
- The outer ring is 10 – totally satisfied

Mark each of the sectors below from 0-10 to indicate how satisfied you are with those aspects. This will indicate to you where to make adjustments and how balanced your life is.

