

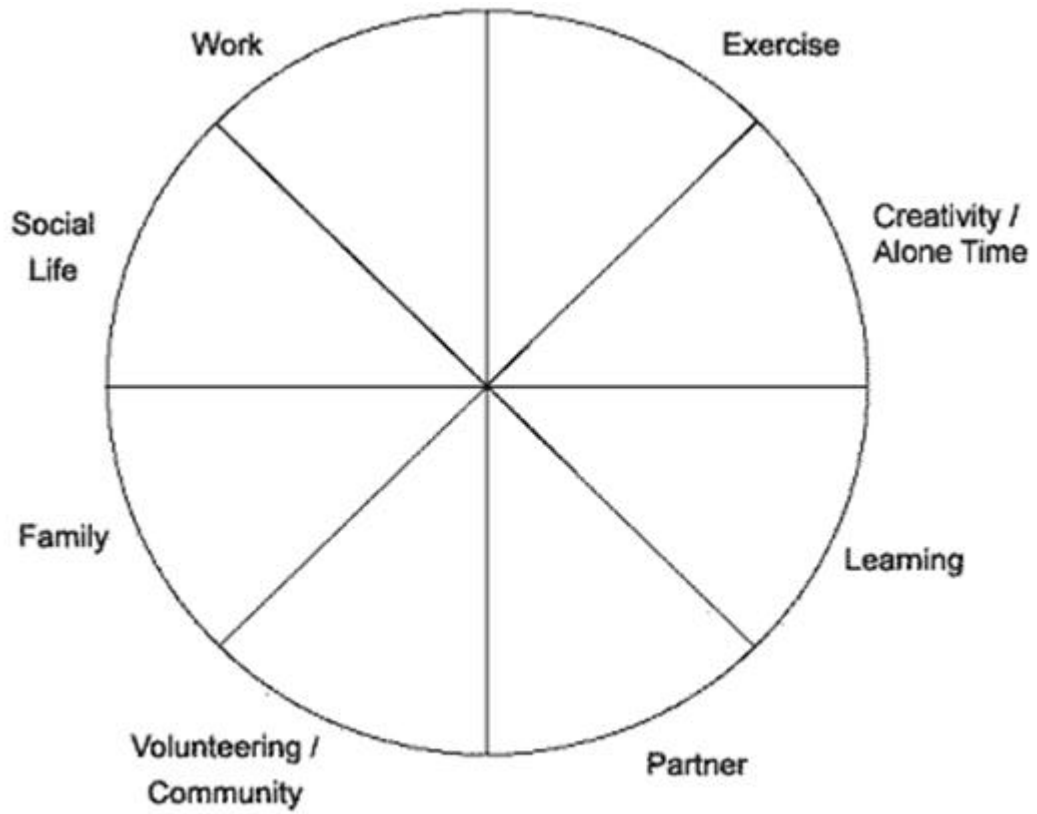
## WHEEL OF LIFE WORKSHEET

The eight sections in the wheel represent balance. If you regard the centre as 0 and the outer edge as 10, you can rank your level of satisfaction with each life area by drawing a curved line to create a new outer edge. See example.

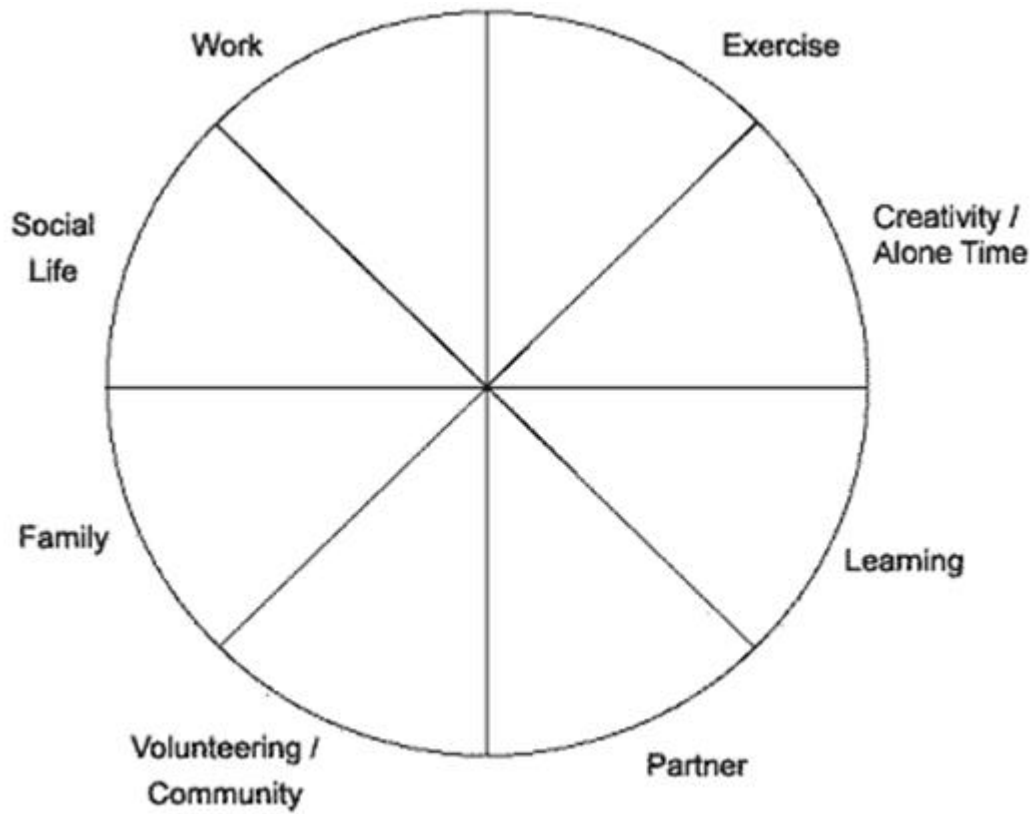
Here is an example:



**BLANK WHEELS FOR YOU TO PRINT OUT AND COMPLETE:  
WHEEL 1 YOUR LIFE AS IT IS NOW**



**WHEEL 2 YOUR LIFE AS YOU WOULD LIKE IT TO BE BALANCED**



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