



Wheel Of LIFE

The wheel of life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below, and rate them from 1 - 10. The purpose of the Wheel of Life is to help you consider all areas of your life and assess what parts are off-balance. Review each of the segments and decide how satisfied you are in each of these areas. Draw a line across each section to represent your satisfaction score out of 10, and Join up the lines to see your final Wheel of Life

