



Instructions for Wheel of Life:

Assess each section of the wheel as the topic relates to your life. Consider your level of satisfaction with each area. In each section of the wheel, write your level of satisfaction with that area as it corresponds to the rating of 1-10, 10 being the most satisfied and 1 being the least satisfied. For example, if you are extremely satisfied with your career, in the green "Career" section, write 10. Complete this for each section of the wheel.