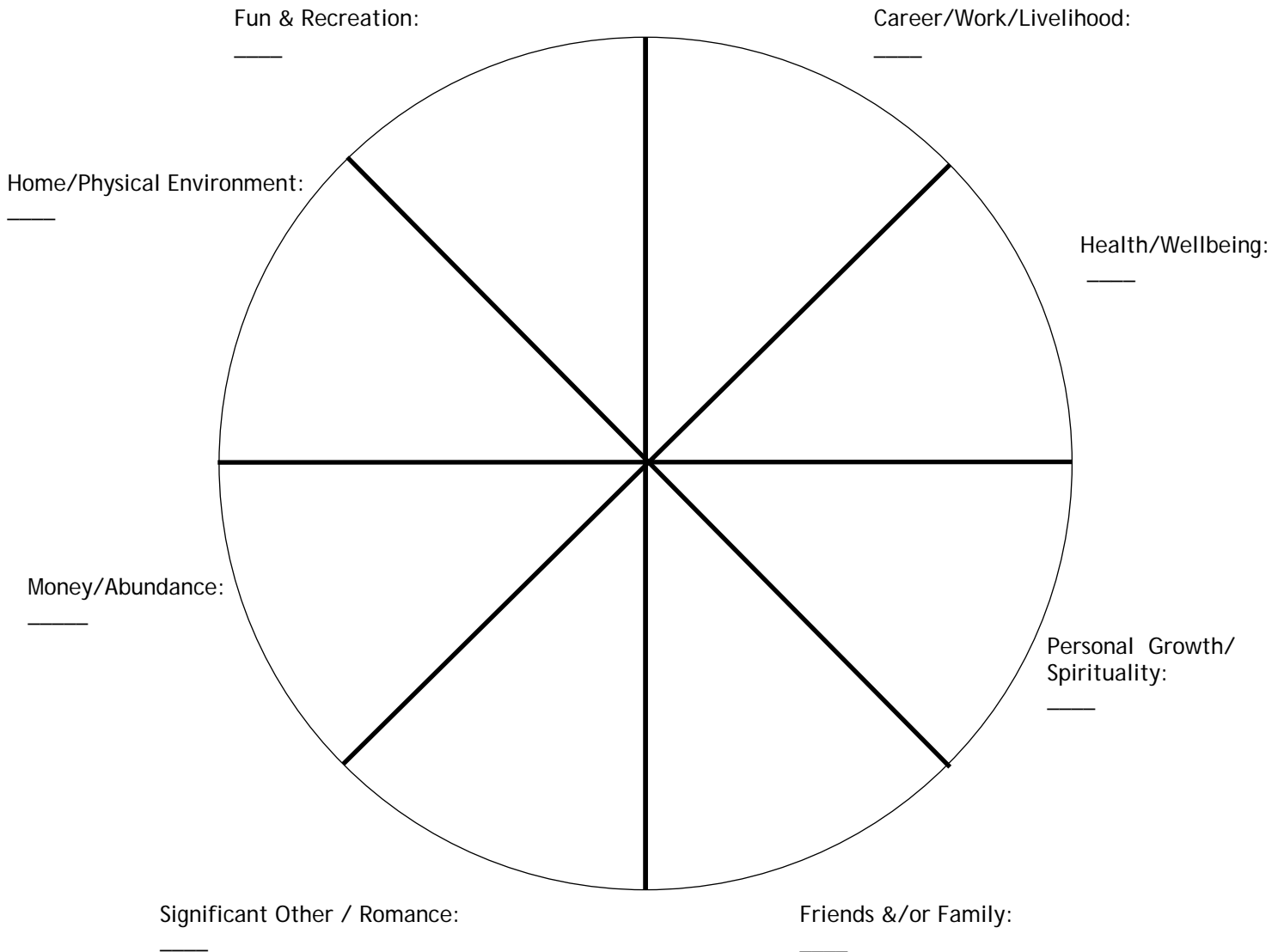


## The Wheel of Life

Directions. This wheel represents Balance. Take a look at each of the segments of the wheel of life shown below. Feel free to rename the segments if other definitions feel more relevant to you and your life.

Draw a straight or curved line in each segment, *representing your current level of satisfaction*, with the centre of the wheel representing total dissatisfaction and the outer edge representing complete satisfaction. This should represent the score out of 10 (where 10 is highest and 0 lowest) that indicates how satisfied you are with this are of your life right now. Put the corresponding scores on the top line next to each.



E.g. How bumpy would the ride be on this wheel?

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