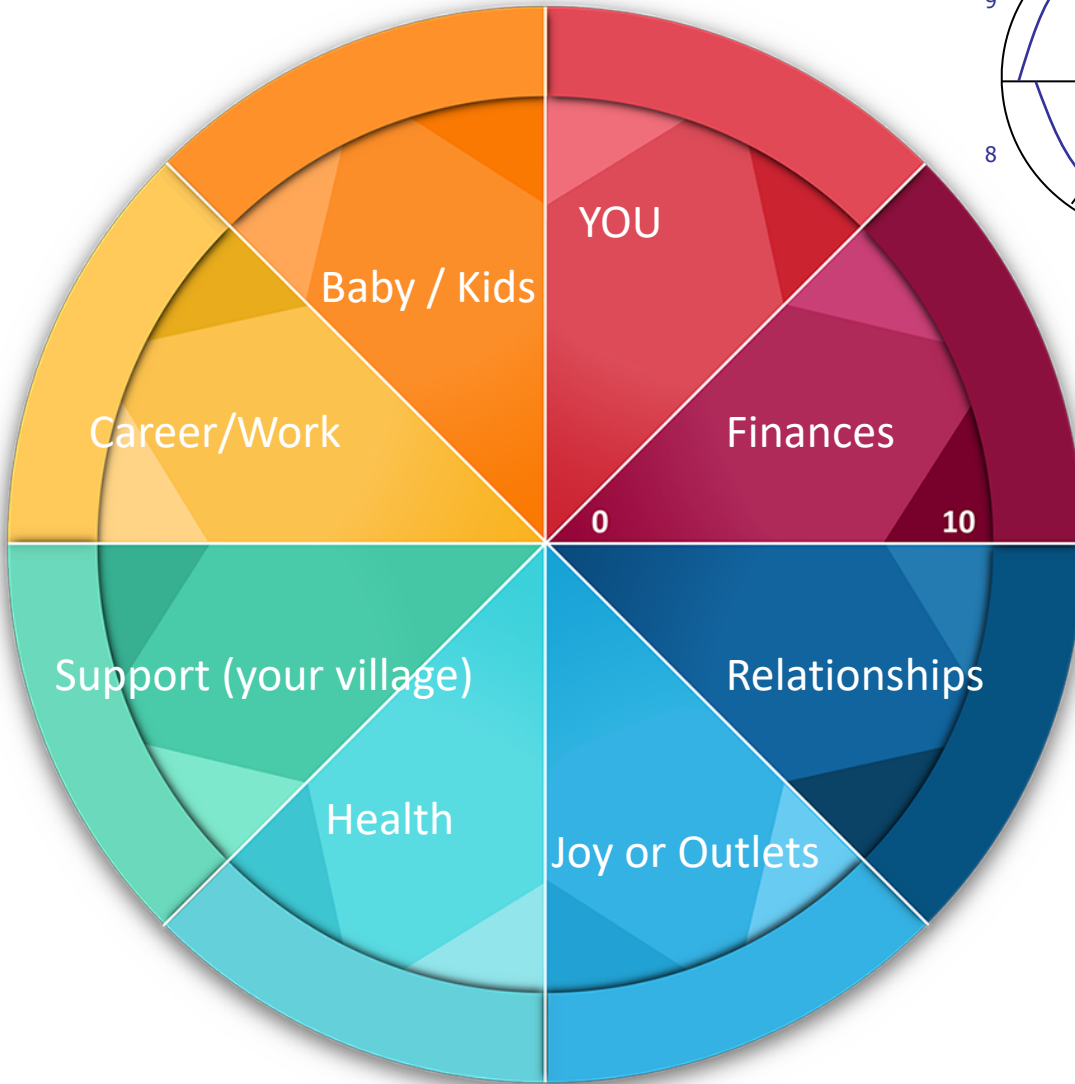
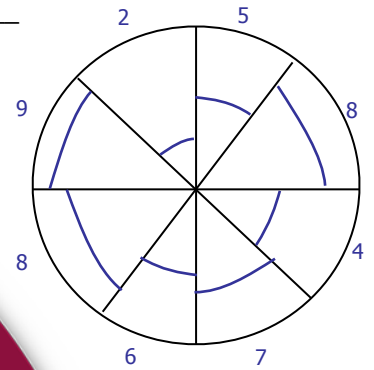




NAME: _____

DATE: _____

EXAMPLE





YOUR WHEEL INSTRUCTIONS

The 8 sections in the Wheel of Life represent _____.

- **Name the 8 categories** so they're meaningful using the space provided in the ring around the wheel.
- **Next, draw a line** across each segment that represents your satisfaction score for each area.
 - Imagine the centre of the wheel is 0 and the outer edge is 10
 - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
 - Now draw a line and write the score alongside (see example above)
- The new perimeter of the circle represents **your Wheel of** _____. Is it a bumpy ride?

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it should be!