

# Directions

1. Each wheel contains eight sections that represent pieces of your life.
2. The center of the wheel has a value of “0” and the outer edge is a “10”.
3. Consider your level of satisfaction with each of these areas **today** and draw a line to create a new outer edge for each section.

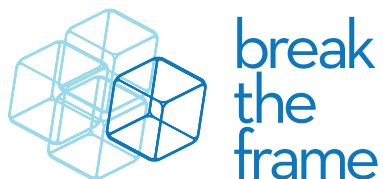
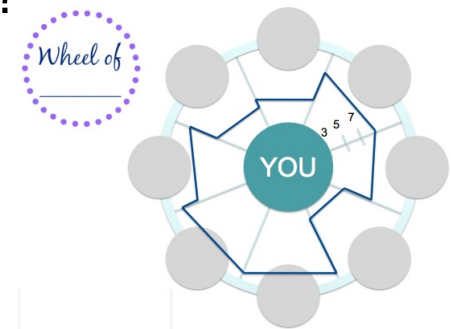
The new perimeter represents your Wheel.

## ***Ask yourself:***

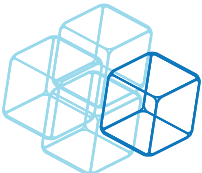
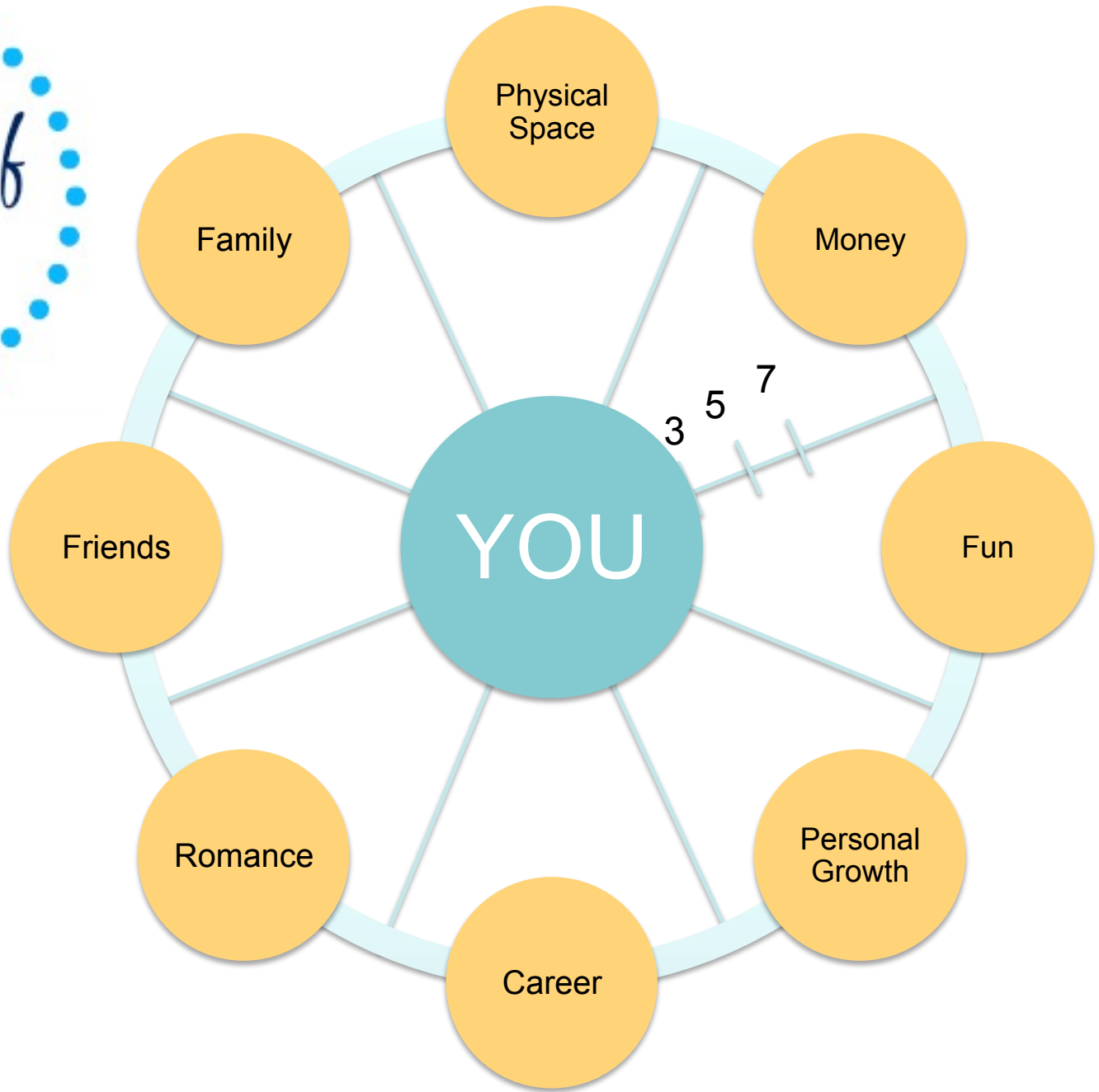
If this were on your car, would it be a bumpy ride or a smooth one?

Any surprises?

What one area do you most want to improve and grow?



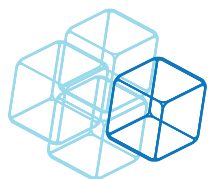
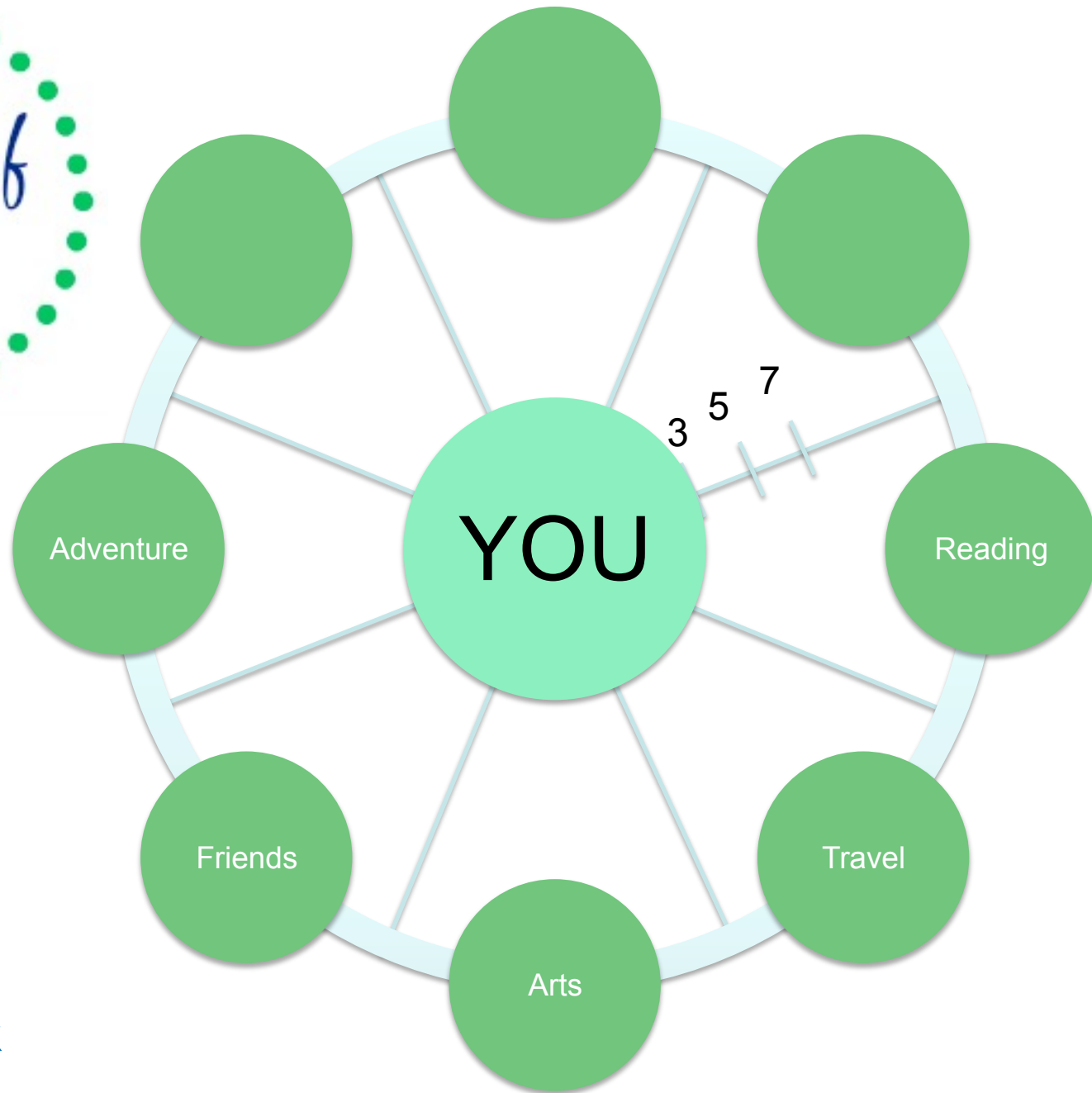
Wheel of Life



break  
the  
frame



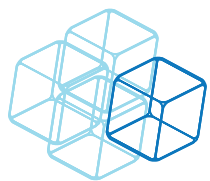
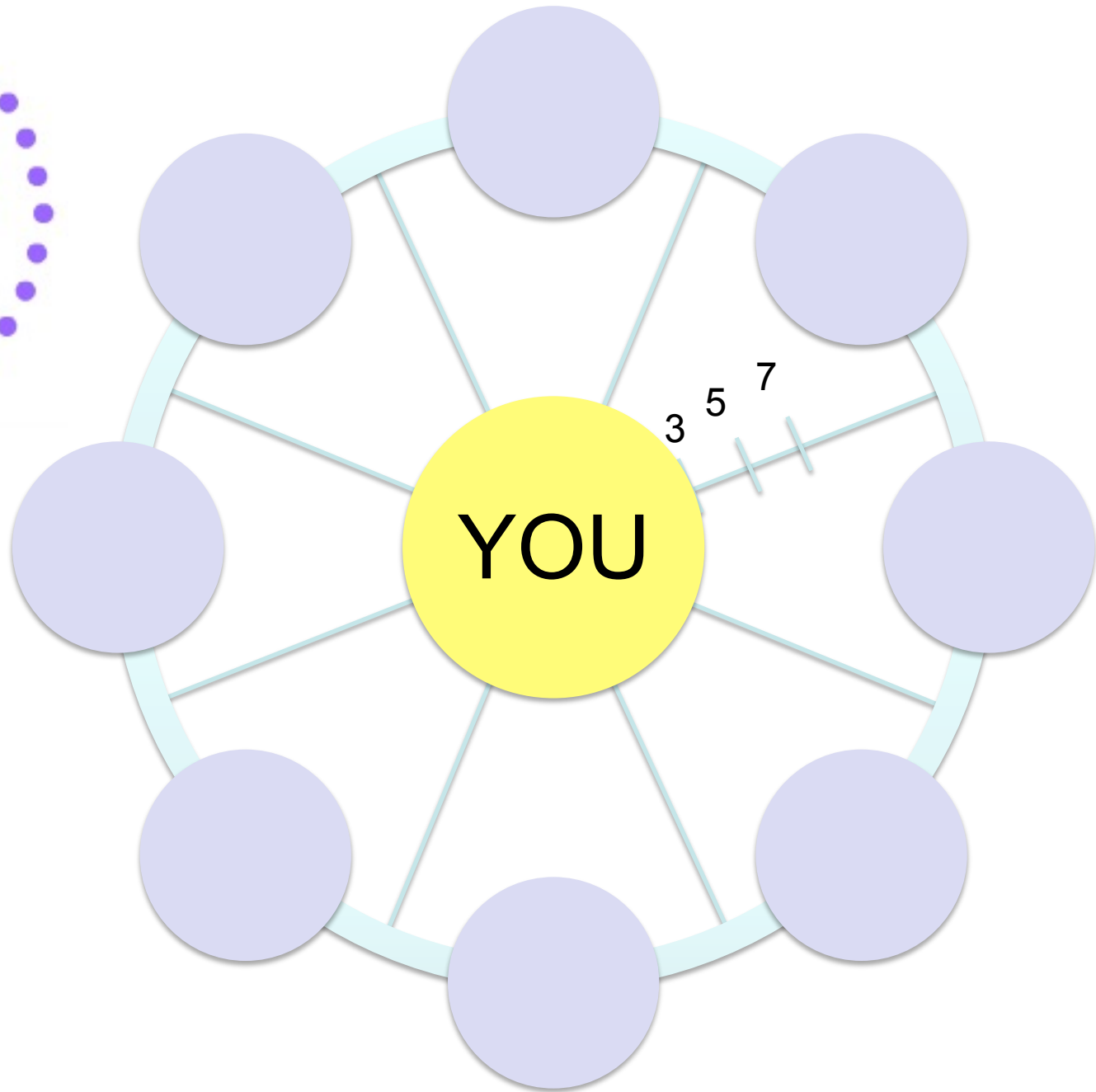
Fill in the blanks with areas that are meaningful to you



break  
the  
frame



Fill in the blanks  
with areas that  
are meaningful  
to you



break  
the  
frame