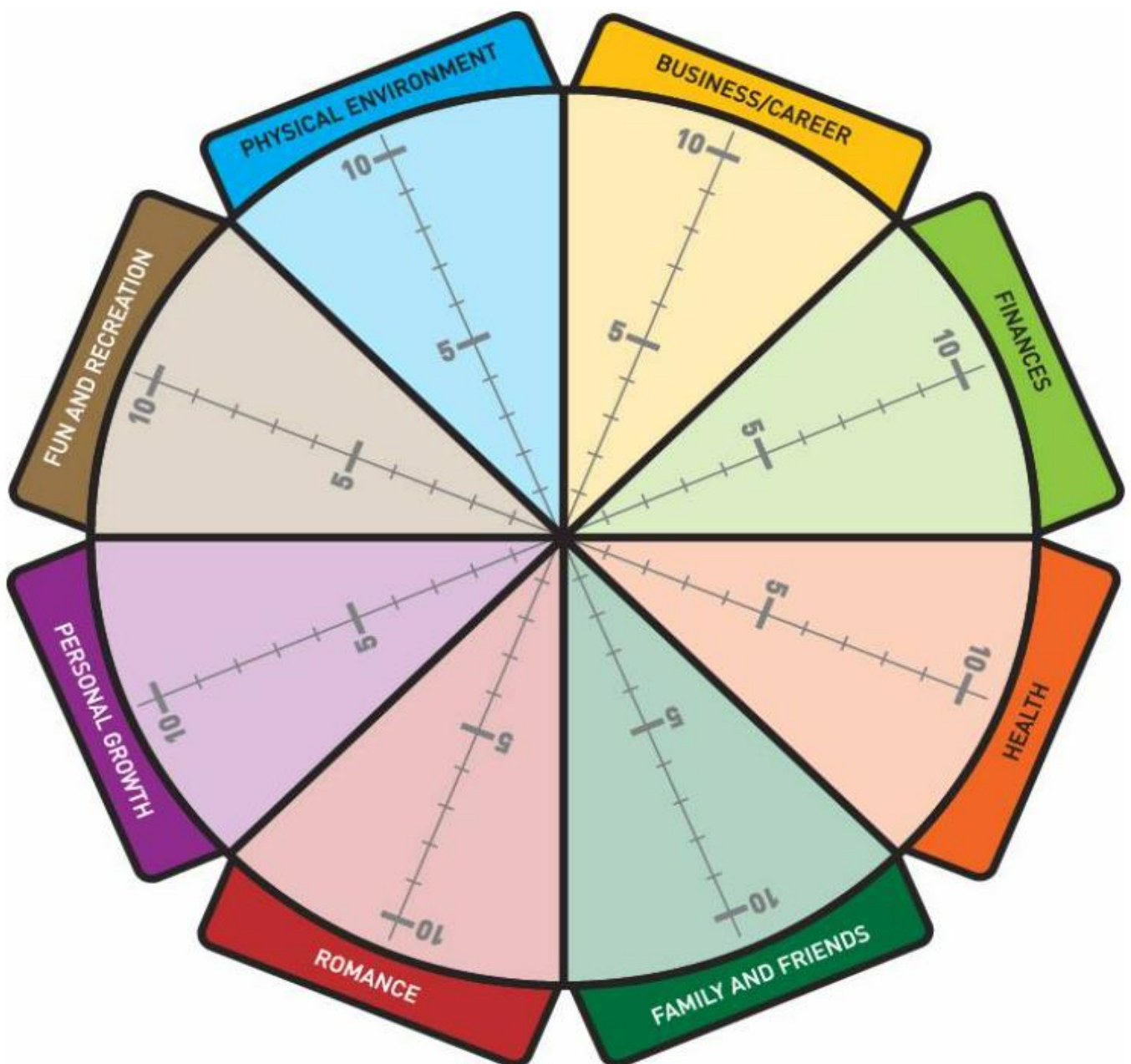


## The Wheel Of Life

Print this off and score yourself from 0 – 10 in each area of your life as represented by the wheel. 0 means you are not happy at all with this area and 10 means that you are completely happy.

Do not score yourself in relation to the expectations of others or society in general. For example, in the business/ career section, you might be completely happy with your job role even though your salary is below average and for romance, you might be single and feeling great about it, in both cases you would score yourself a high score.



You may change some of the titles of the categories if you feel that there is another element of your life that is important and not included in the wheel.

Make a written note of anything important that comes to mind during the process.

Once you have completed your wheel, you should have something that looks like this:

