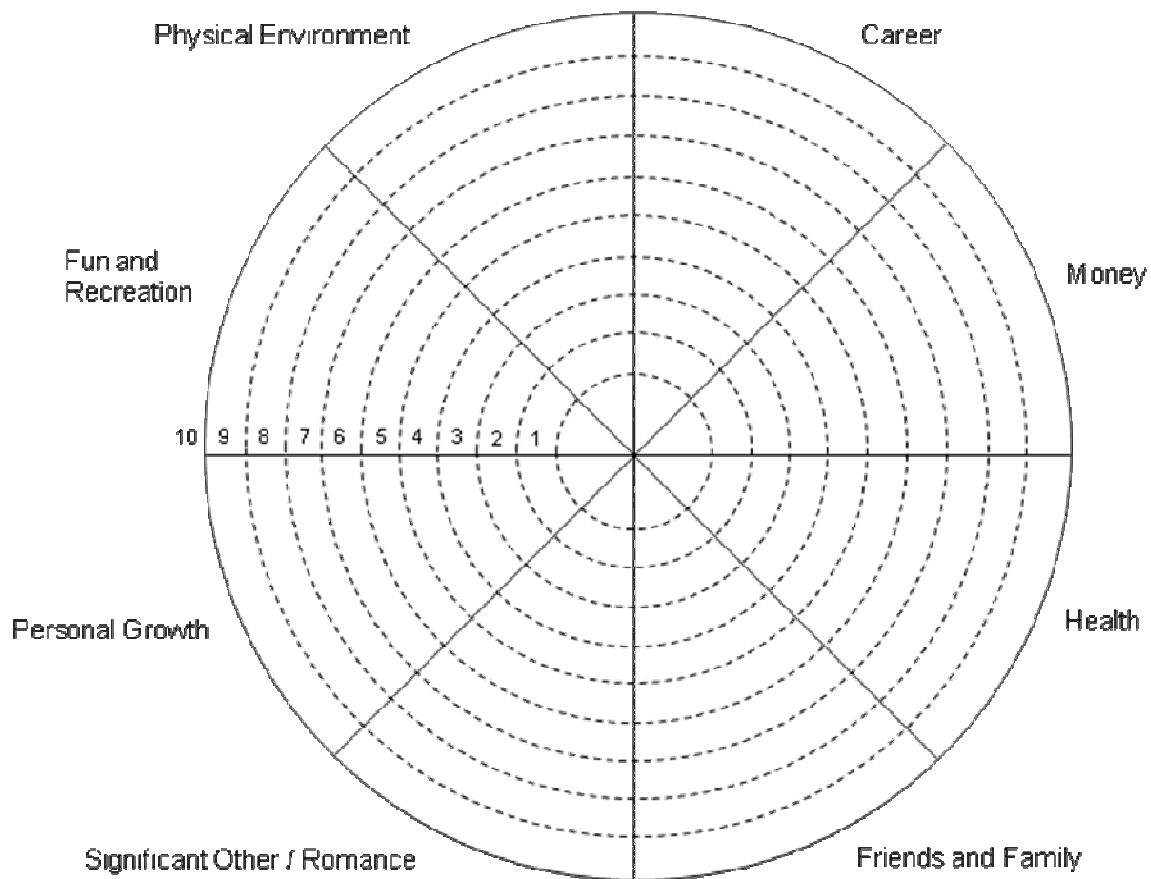


## Wheel of Life Exercise

**Directions:** This wheel contains eight sections that, together, represent one way of describing a whole life. This exercise measures your level of satisfaction in these areas on the day you work through this exercise. Taking the centre of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example below). The new perimeter represents your Wheel of Life. What does your Wheel of Life look like? This exercise helps you identify areas where you may want to improve your level of satisfaction and think about what you might do to accomplish this.



## Wheel of Life Exercise Example

