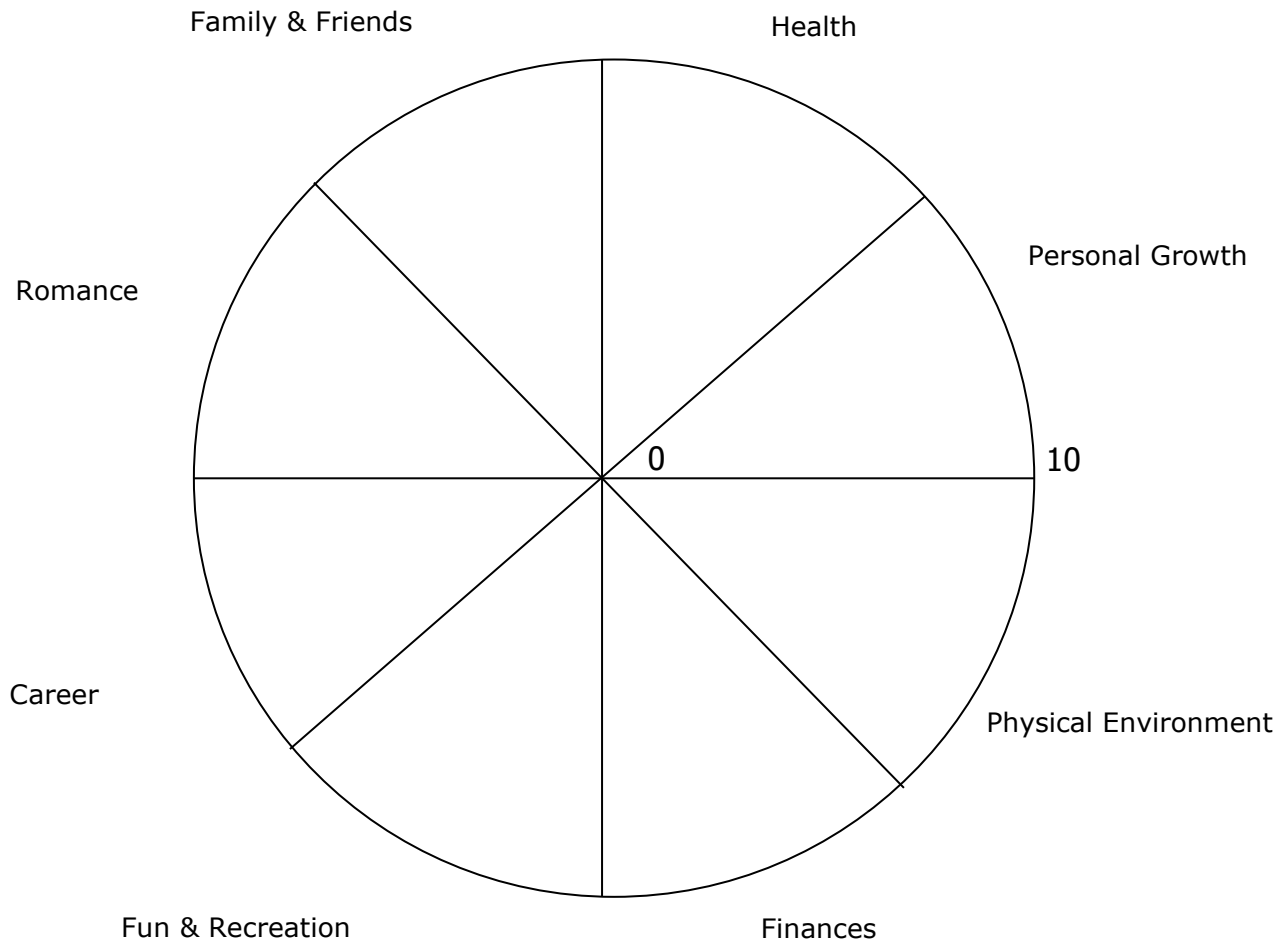
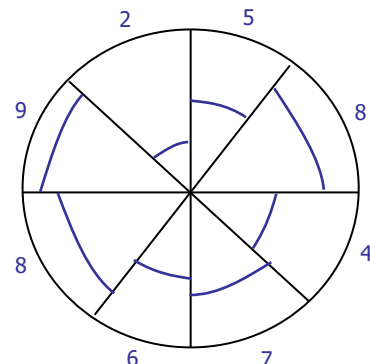


Wheel of Life



EXAMPLE



WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent your total life.

- ✦ Please change, split or rename any category so that it's meaningful for you.
- ✦ Next, taking the centre of the wheel as 0 (low) and the outer edge as 10 (high), rank your **level of satisfaction (or frustration etc)** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- ✦ The new perimeter of the circle represents **your** 'Wheel of life '. Is it a bumpy ride?