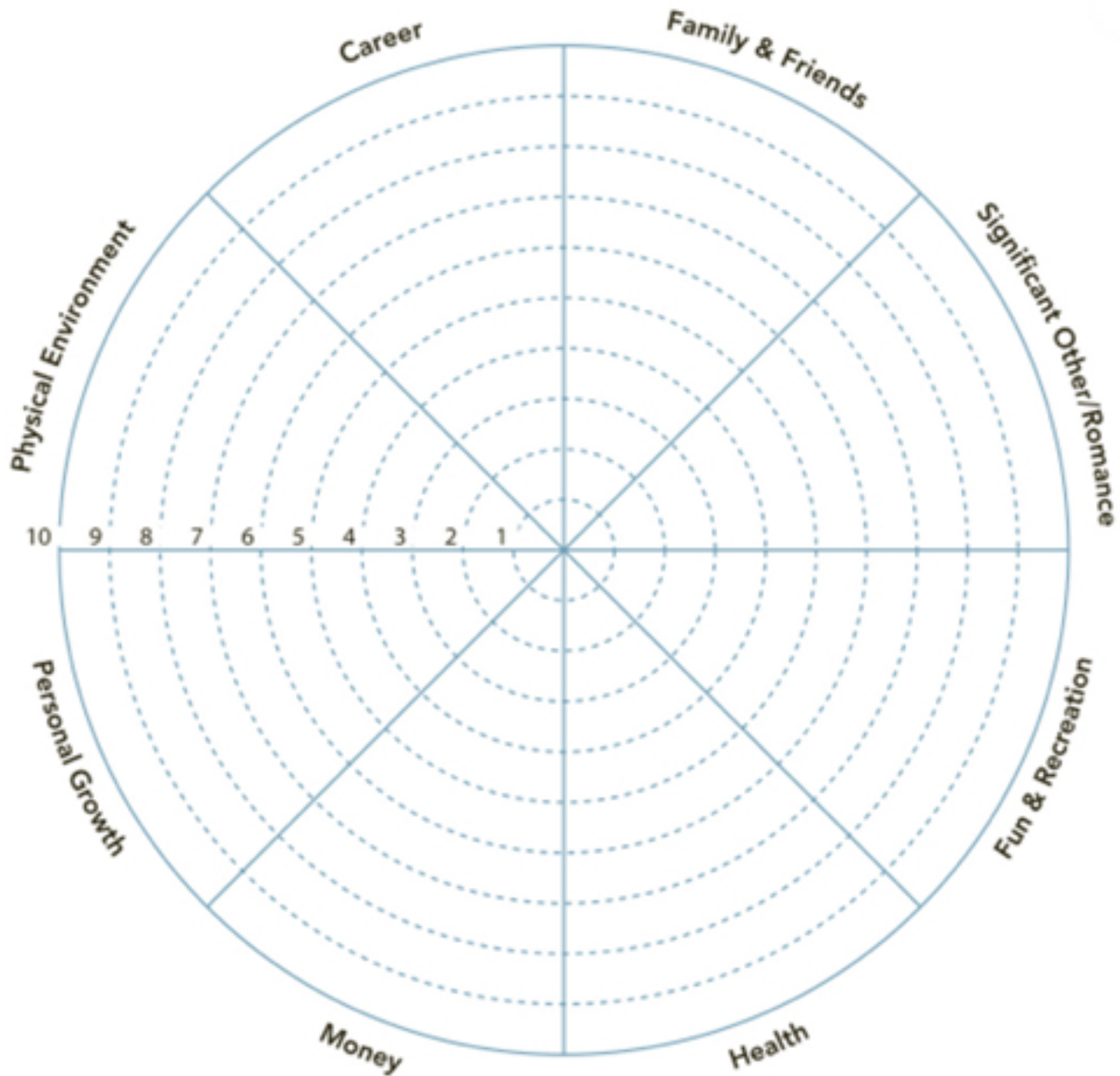


# Wheel of Life



The Wheel of Life is a tool commonly used by life coaches. It helps you take a look at each area of your life and determine what's off balance and what areas require more attention.

Directions: The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?