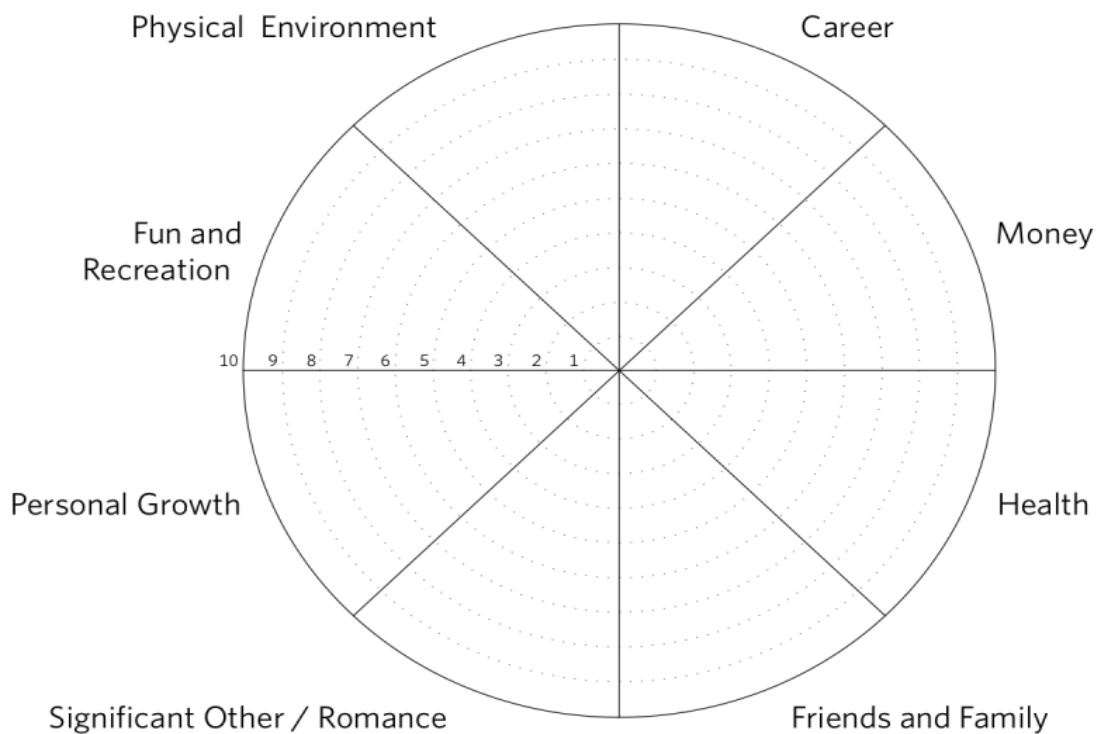
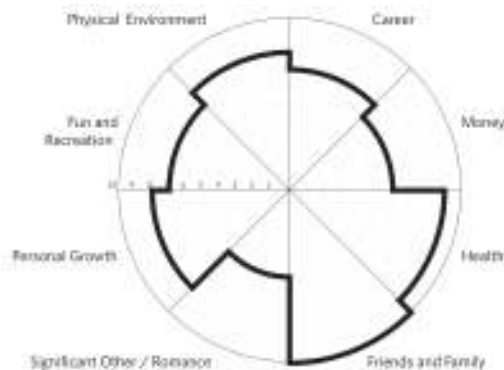


Please fill in next page and return via fax or email



This wheel contains eight sections that, together, represent one way of describing a whole life. The exercise measures your level of satisfaction in these areas **on the day** you work through this exercise. It is not a picture of how it has been in the past or what you want it to be in the future. It is a snapshot taken in the moment. It is not a report card on how well you have performed or what you have achieved. The emphasis is on the your level of satisfaction in each area.



Directions: With the center 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). The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel? Let's look at areas where you want to improve your level of satisfaction and begin to think about what you might do about it.

Date _____
Name _____
Email _____
Phone _____

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