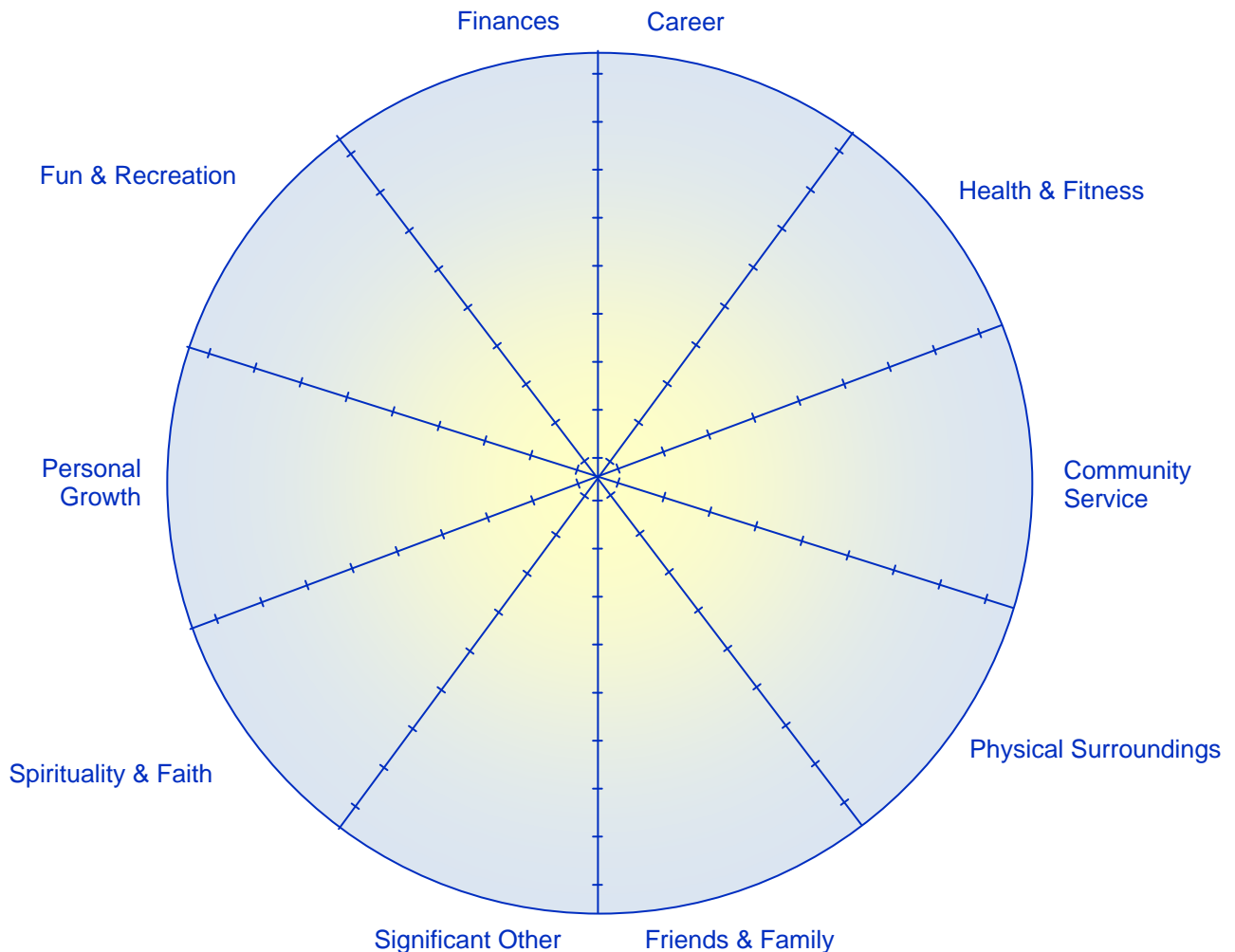


Wheel of Life



The ten sections of the Wheel of Life represent areas of your life.

The **center of the wheel** is assigned a **0** which indicates that you are **not at all satisfied**.
The **outer edge of the wheel** is a **10** which indicates that you are **extremely satisfied**.

Rank your level of satisfaction with each life area by drawing a line somewhere between 0 and 10 in each wedge to represent how satisfied you are in that life area.

For example, if you are a 5 in your career, you would draw a curved line halfway between the center and outer edge of the wheel in the career wedge.

Do your lines create a balanced wheel or are there areas that create imbalance?

This wheel has been adapted from resources used by the Coaching Institute.