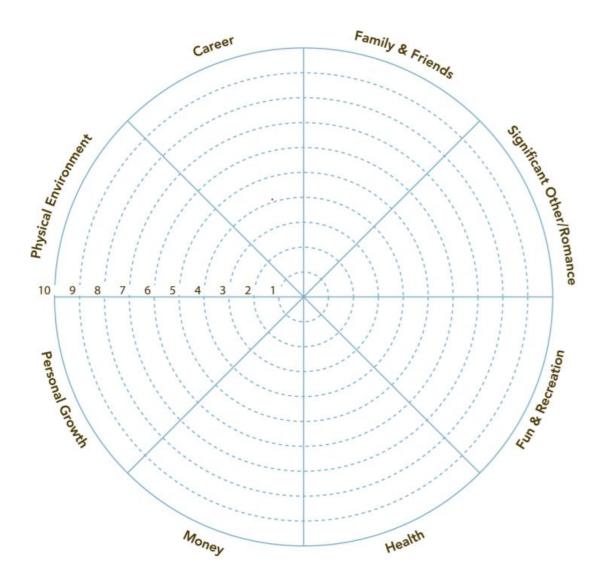


The Wheel of Life Assessment

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 area of life with a number between 1 (very dissatisfied) and 10 (fully satisfied) 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 your ride be?



See areas for improvement? What intentions can you set for 2019? Can you set some new goals, start some new habits? Complete your Wheel quarterly to gain more clarity on your level of satisfaction & growth in each area of your life!