

# Wheel of Life

The eight different sections of the wheel of life represent different aspects of an individual. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction in each 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?

Please feel free to replace any of the sections with a description that best suits your life.

