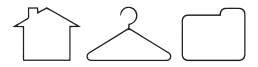


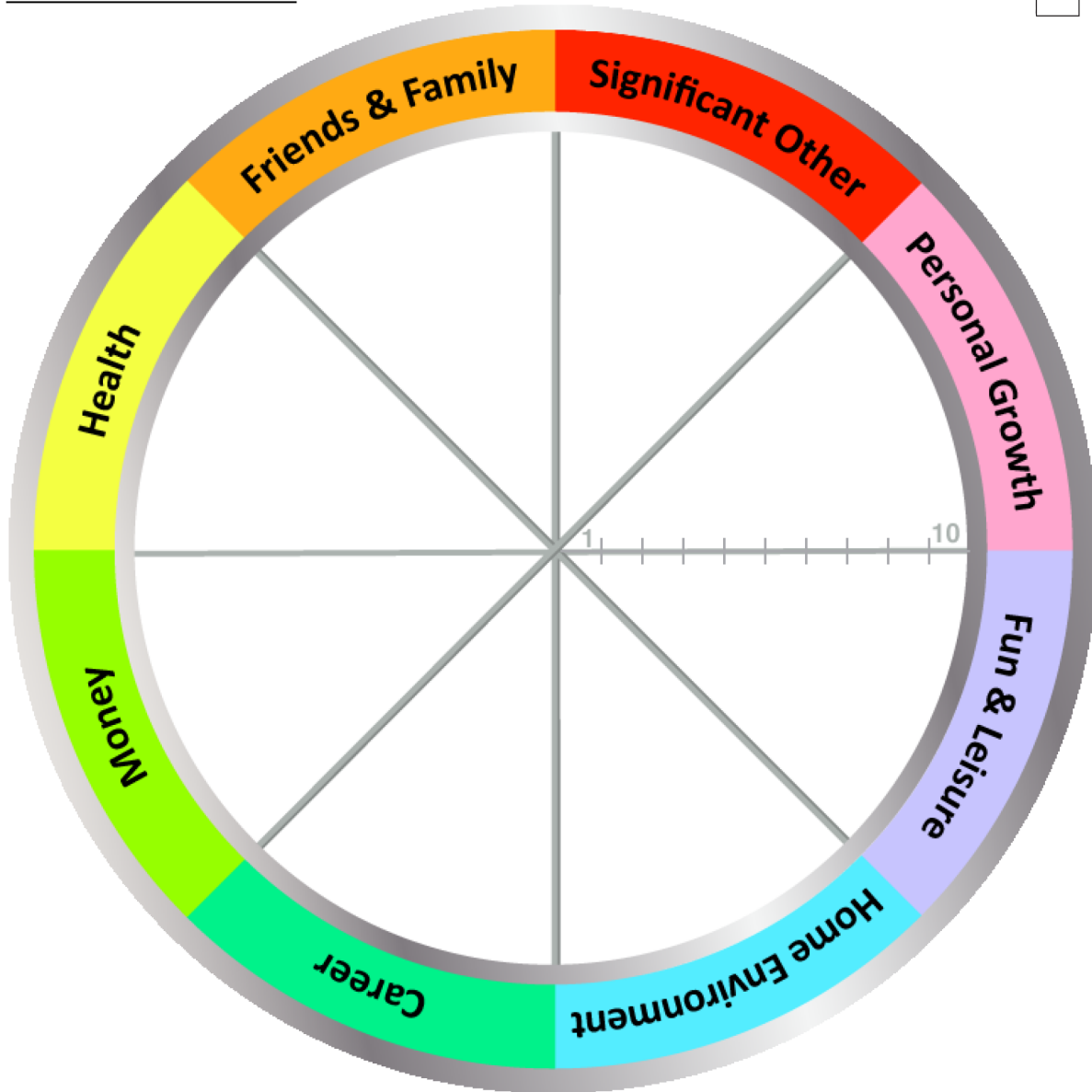
WHEEL OF LIFE

GET
SORTED

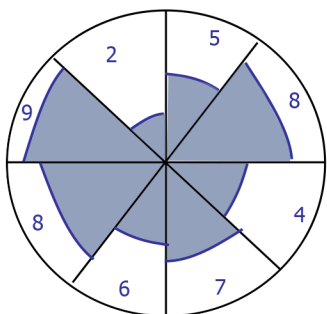


NAME: _____

DATE: _____



EXAMPLE



INSTRUCTIONS:

- Review the 8 Wheel Categories - think briefly what a satisfying life might look like for you in each area.
- Next, draw a line across each section that represents your satisfaction score for each area. Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside (see example)

NOTE: Use the first number that pops into your head, not the number you think it should be.

NOTE: If you are not currently in a romantic relationship, then base your score off of how clear your understanding is of what you want in a significant other/romantic partnership.

