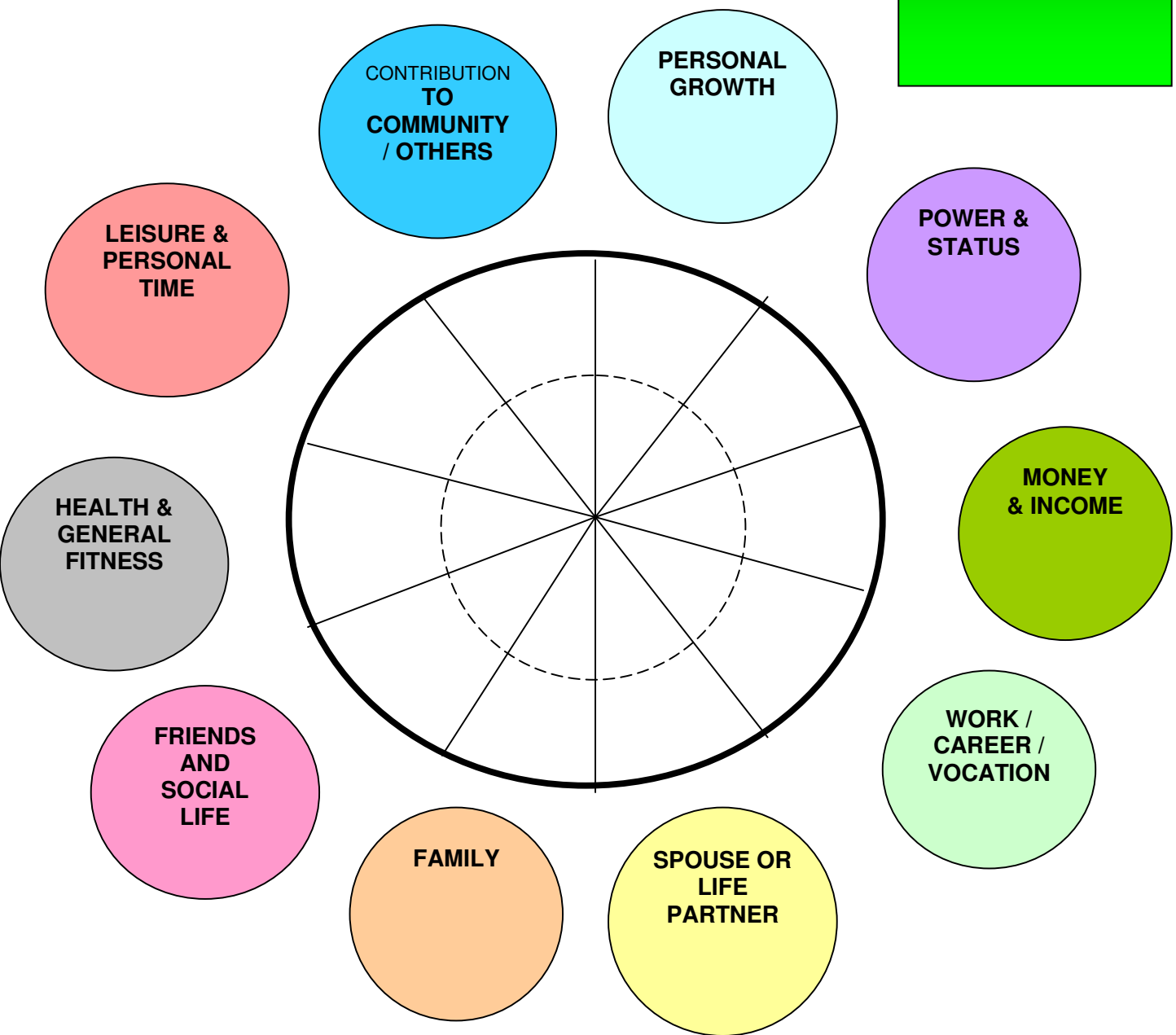


**THE WHEEL OF LIFE**



**Directions :**

- For each section of the wheel – within the dotted circle note a few words about your current situation, then in the outer section describe how things would be in an ideal world.
- Each section of the wheel has a scale of 0-10, with 0 at the centre representing total dissatisfaction and 10 at the outside representing total satisfaction. Shade in the segments of each section to the degree to which you are satisfied with that aspect of your life.
- Pick no more than 3 areas where there is a significant gap in satisfaction – identify what actions you can take to plug that gap.