



### The Wheel Of Life

The Wheel of Life is divided into categories which when scored reflect your personal feeling of contentment, fulfilment and satisfaction with your present situation.

The wedges have been labelled with the words allowing you to alter and add any which are most meaningful to you.

Use this wheel by ranking your level of satisfaction for each area drawing a line to create a new outer edge. As a guide use the centre of the wheel as 0 dissatisfied and the outer edge as 10 completely satisfied. This new outer edge represents your wheel of life.

