



Wheel of Life Exercise

- With the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each life area.
- Draw a straight or curved line by connecting the dots to create a new outer edge (see example below).
- A Wheel of Life, once completed, may look similar to the example on the left.
- The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel?
- Look at areas where you want to improve your level of satisfaction and begin to think about what you might do about it.
- For each section, write down one thing you can do to increase your level of satisfaction in this area.
- Commit to taking action now.