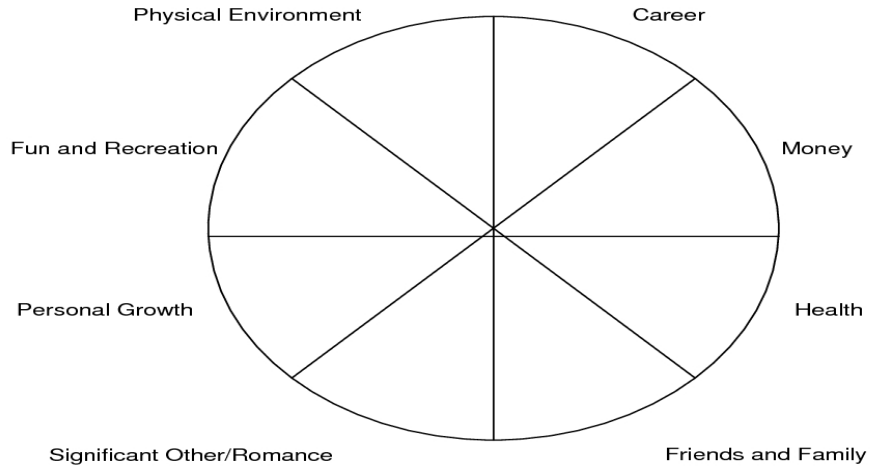


Worksheet 1 - Wheel Of Life Exercise



Directions: The eight sections in the Wheel of Life represent balance. Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example below). The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?

