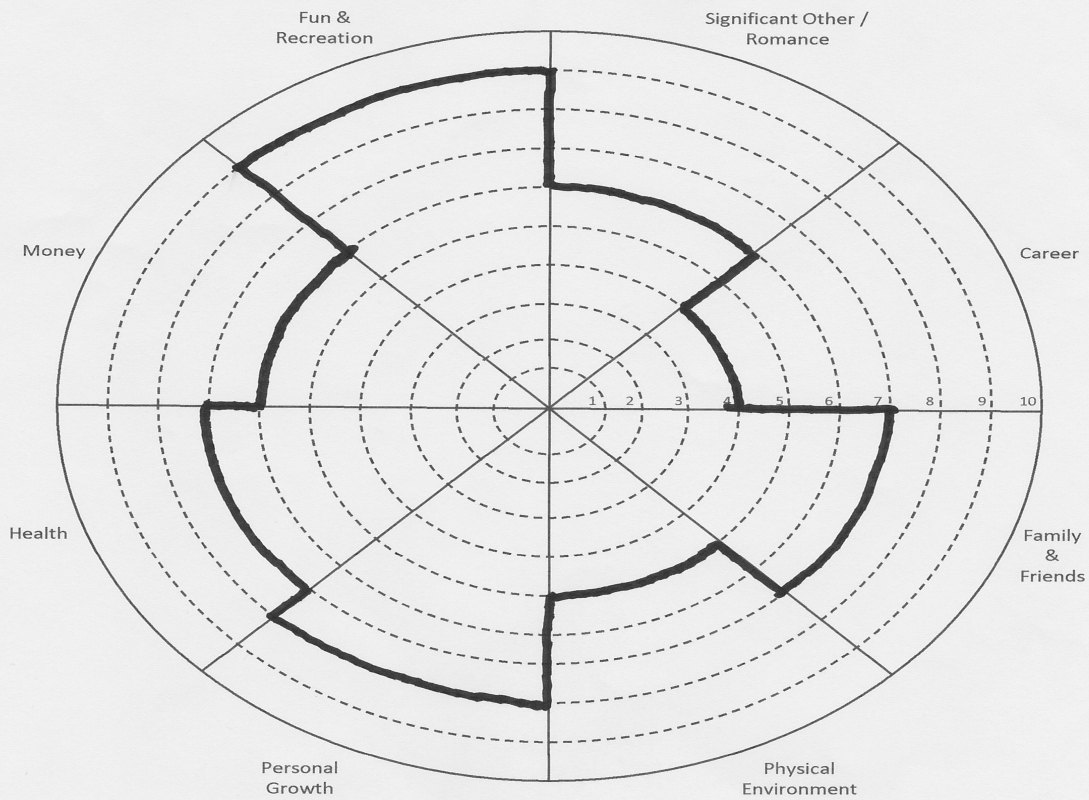


# “The Wheel of Life”

**Directions:** The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a dot in each area.

Then, “Connect the Dots” by drawing straight or curved lines between the dots to connect them together. The new perimeter represents the wheel of your life.

What does your wheel look like? If this were a real wheel, how bumpy or smooth would the ride be?



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