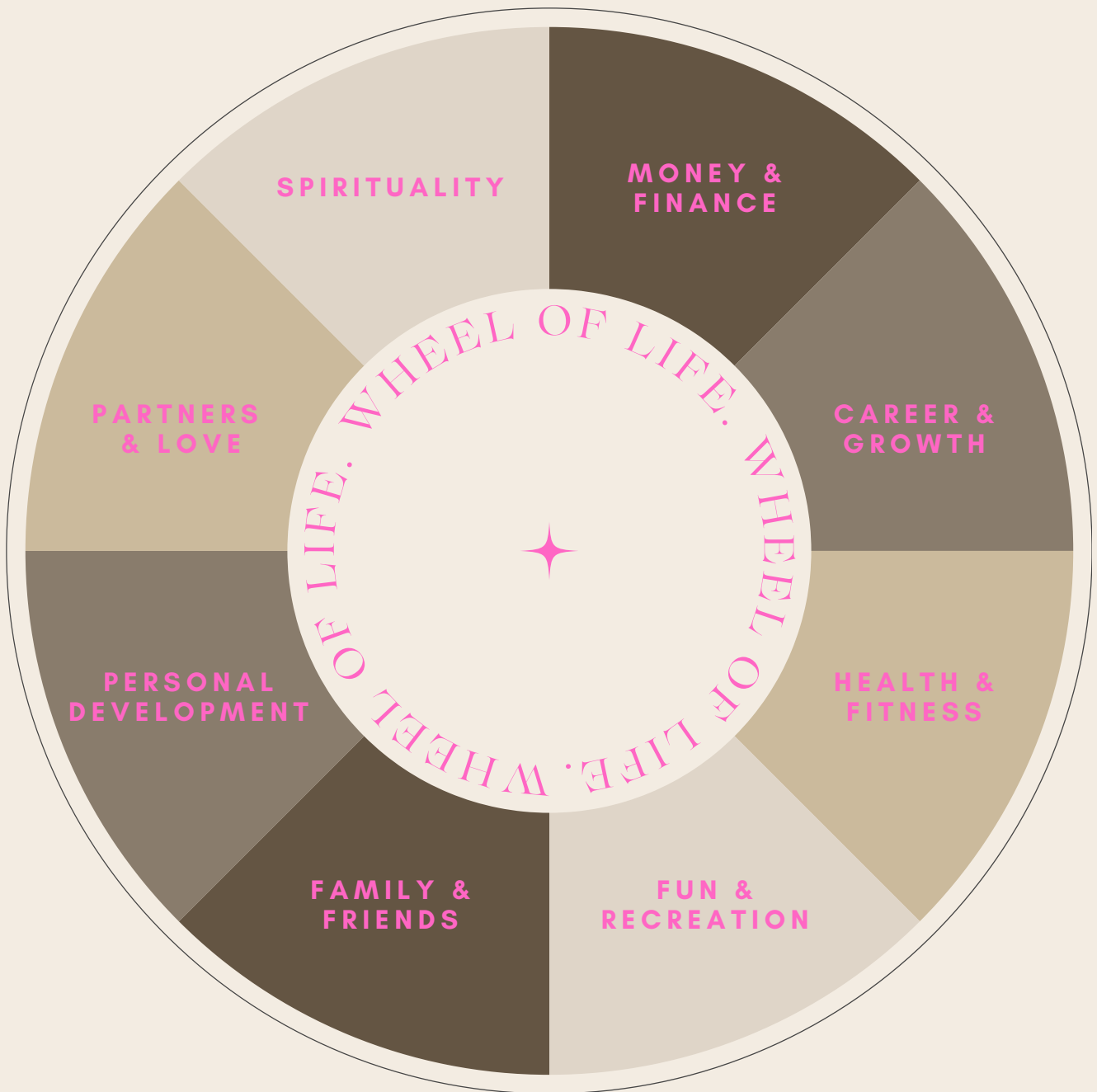


WHEEL OF LIFE

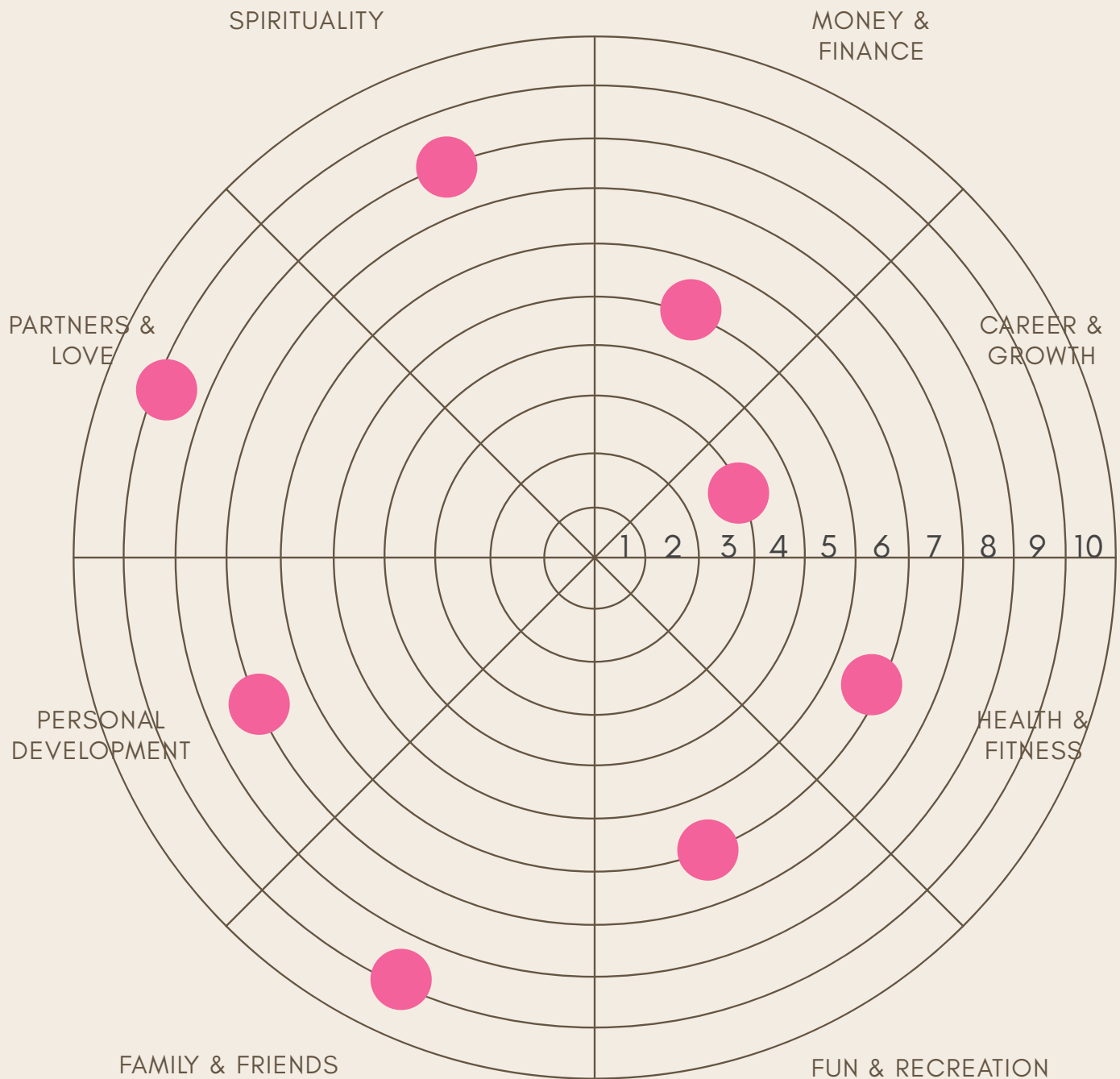
THE WHEEL OF LIFE IS A TOOL TO HELP YOU EXPLORE WHERE YOU ARE IN YOUR LIFE RIGHT NOW AND WHERE YOU WOULD LIKE TO BE IN THE FUTURE.



EXAMPLE OF CATEGORIES ON THE WHEEL



EXAMPLE OF A COMPLETED WHEEL OF LIFE

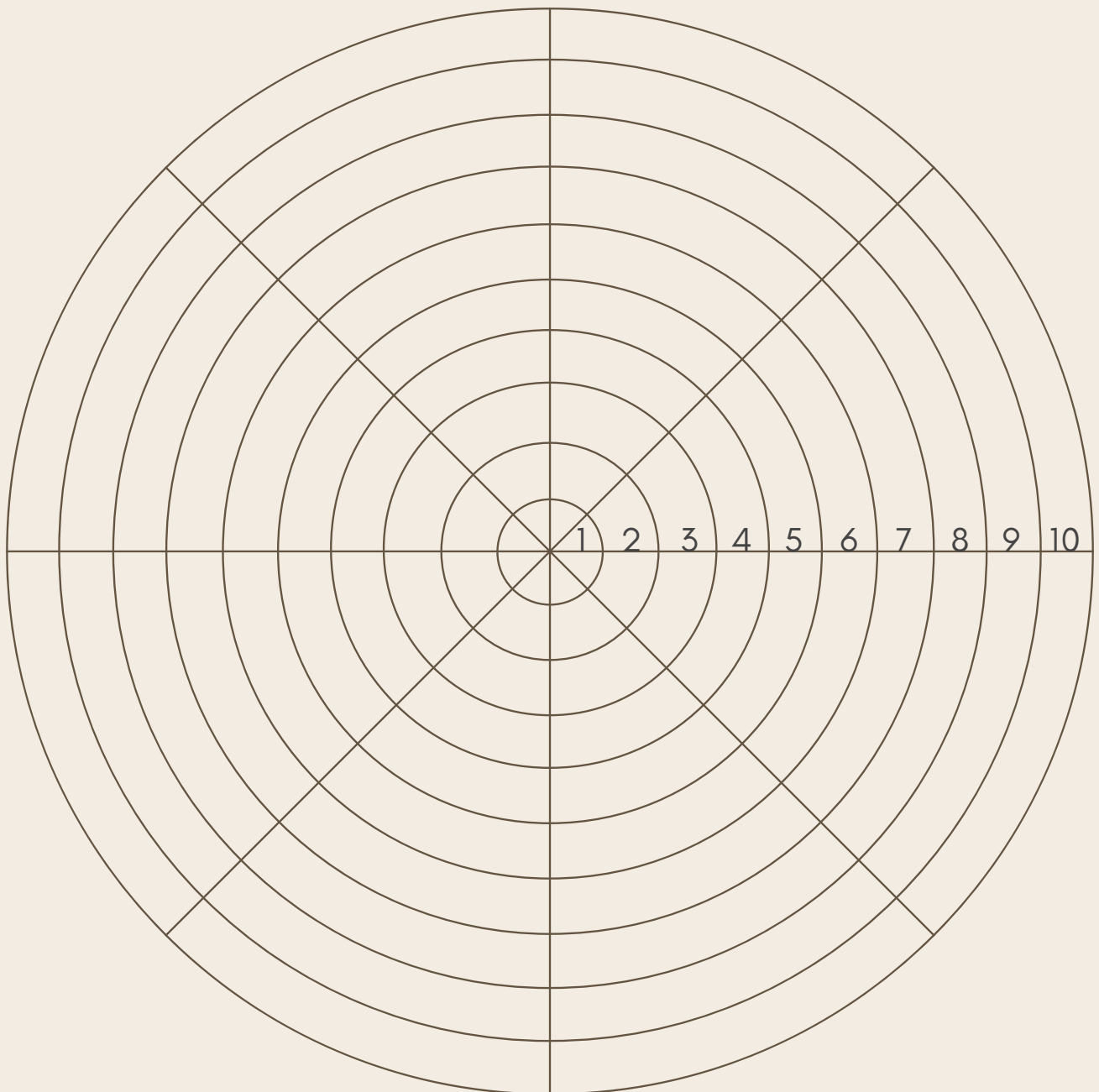


ON THE NEXT SHEET, CHOOSE YOUR 8 LIFE CATEGORIES
RATE THEM FROM 1-10
(1 BEING LOW AND 10 BEING HIGH)



WHEEL OF LIFE

DATE:



IT CAN BE HELPFUL TO REPEAT THE EXERCISE IN A FEW MONTHS TIME NOTICING ANY CHANGES OR AREAS TO FOCUS ON

