

# Wheel of Life

The wheel is divided into the different areas of your life. You can fill in each slice as you like or use the examples below right.

The centre of the wheel represents 0 and the outer edge is 10, rank your level of satisfaction with each area of your life by drawing a new line to create a new outer edge. In the example below right, you can see that the area of 'home' is high satisfaction whereas 'finances' is low satisfaction.

If this was a real-life wheel how bumpy would the ride be?

This visual helps you see which areas you need to improve, so you can focus.

## Your life right now:

