

# THE WHEEL OF LIFE

1. On the "Wheel of Life", plot where you are now – how satisfied you are -- in each of the 10 areas using a scale of 1 to 10. 10 is the outermost part of the ring and represents the most satisfaction.
2. "Connect the Dots" between each area of life (see sample on next page).
3. This will graphically show you where you are "out of balance" in life. Continue with the exercises.

