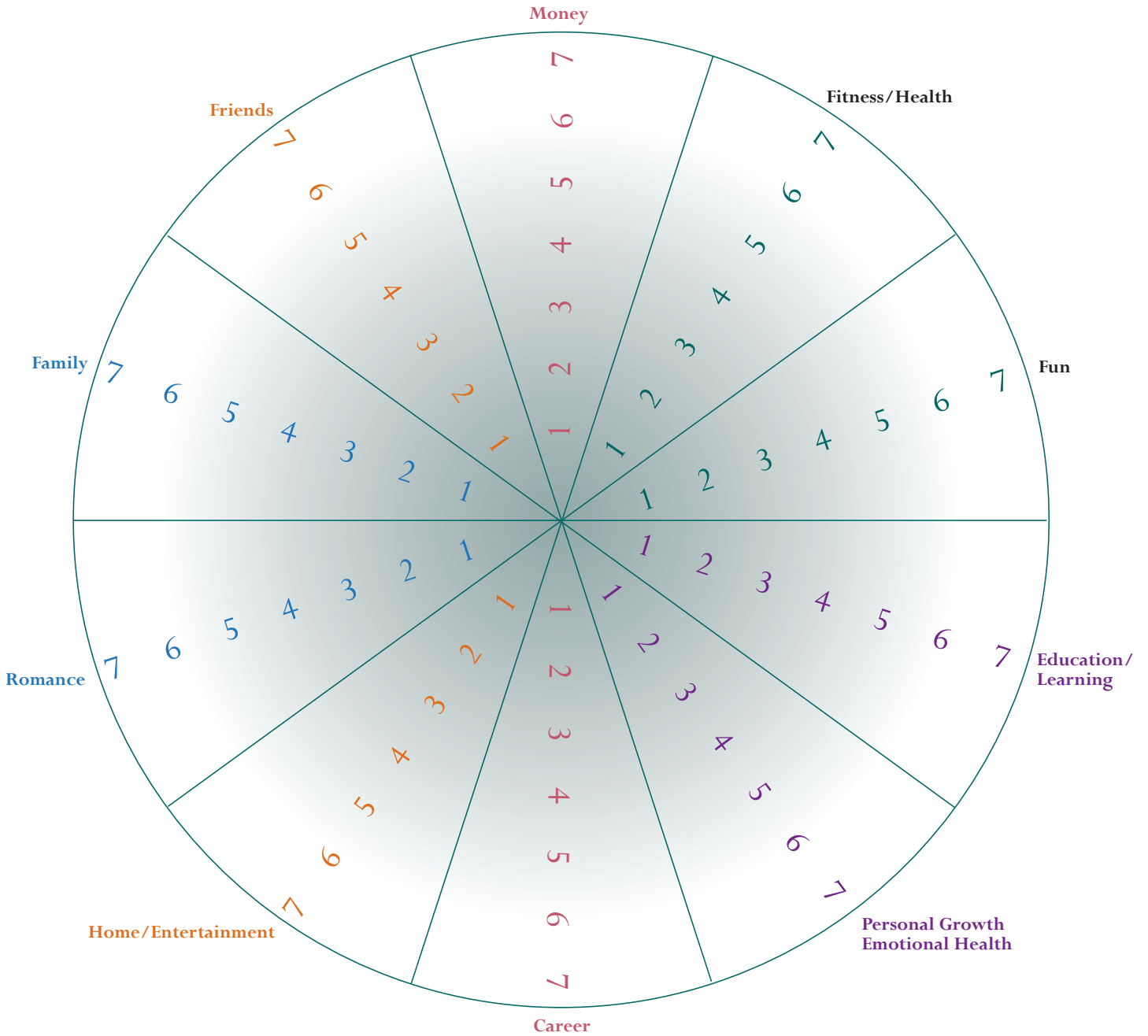


Wheel of Life



The use of this wheel provides a simple graphic representation of how you see how your life is functioning. It asks the question "How satisfied are you?" and lets you "see" your answer.

So, let's see how satisfied you are!

Within each of the following ten segments, circle the number that best represents your level of satisfaction in that area.

7 = completely satisfied and

1 = completely dissatisfied.

Now, connect the dots and notice the shape. How big is your circle? Is it smooth? The more round the wheel, the larger the wheel the more balanced and effective your life. Imagine: how would your car travel if the wheels were in this shape?