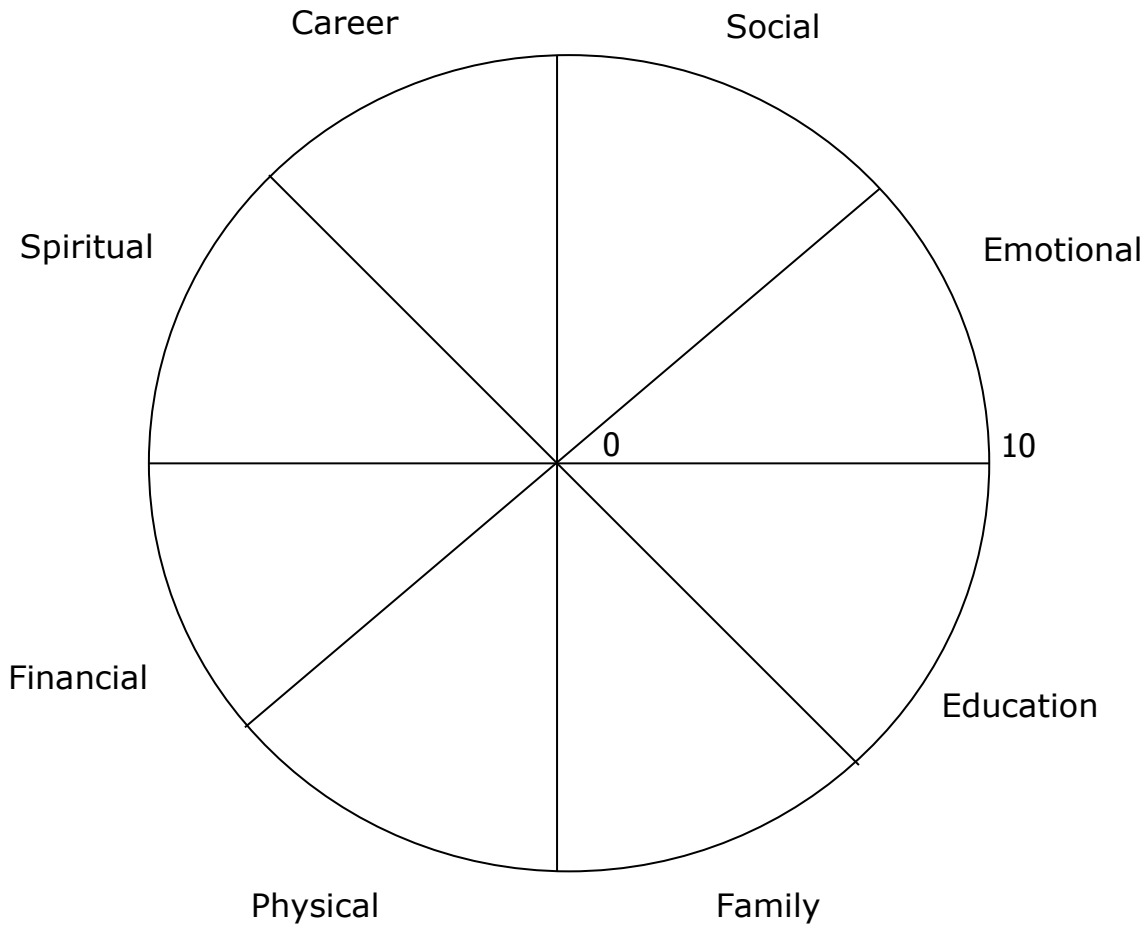


Wheel of Life

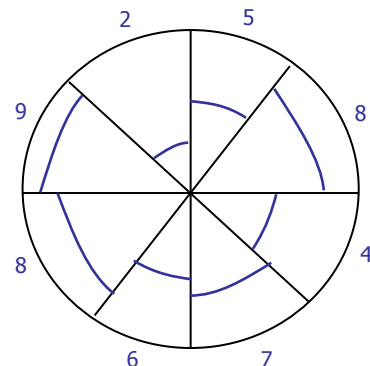


NAME: _____

DATE: _____



EXAMPLE



WHEEL OF _____ INSTRUCTIONS

The 8 sections in the Wheel of Life represent _____

- ☀ Please change, split or rename any category so that it's meaningful for you.
- ☀ Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction (or frustration etc)** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- ☀ The new perimeter of the circle represents **your** 'Wheel of _____'. Is it a bumpy ride?