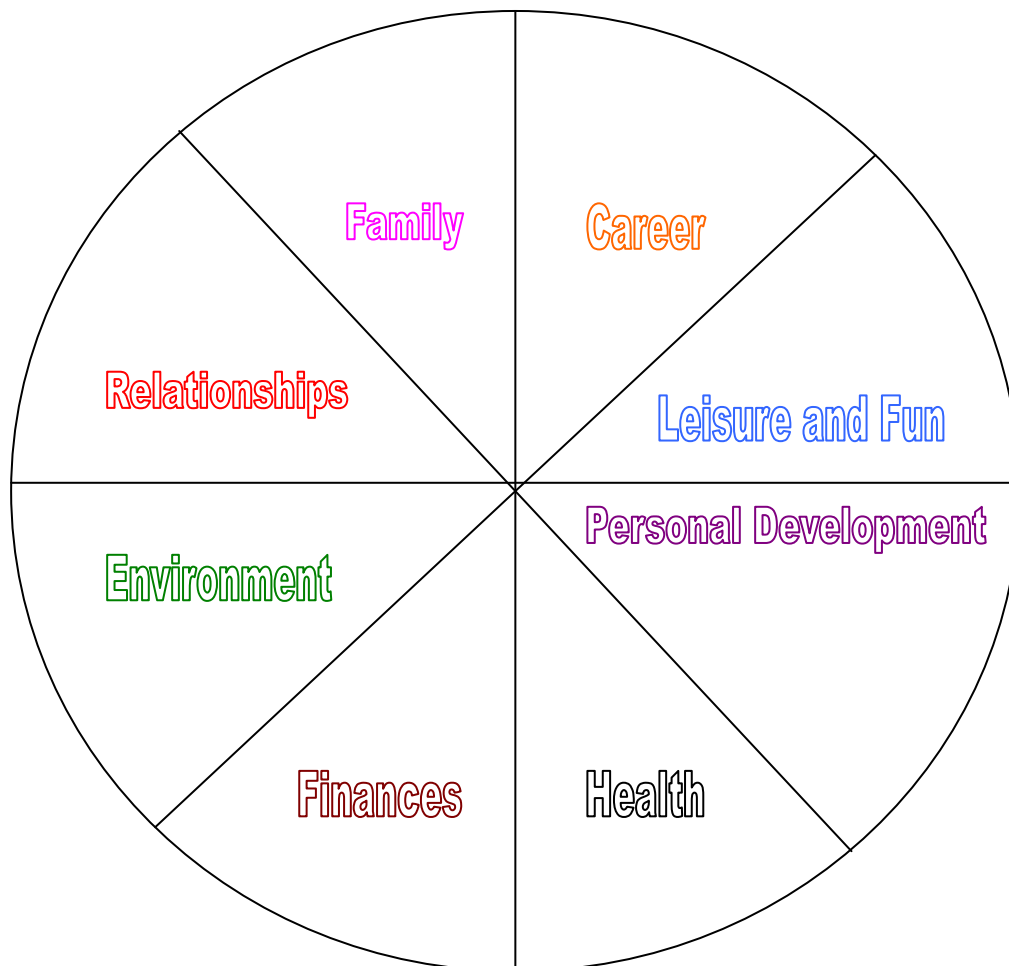


The Wheel of Life

If 0 is at the centre of the wheel and 10 is on the outside edge, give yourself an honest score out of 10 for how satisfied you are with each part of your life*. Print the page, and then mark on the wheel, drawing a line across the width of each segment to indicate your score. Seeing the pattern emerge and examining how large your personal wheel is, and how smoothly (or not) it could roll, will help you to see where your priorities for change lie.



- * You may use these 8 headings to mean whatever you wish, or change them to words more appropriate to your own life, if you prefer.