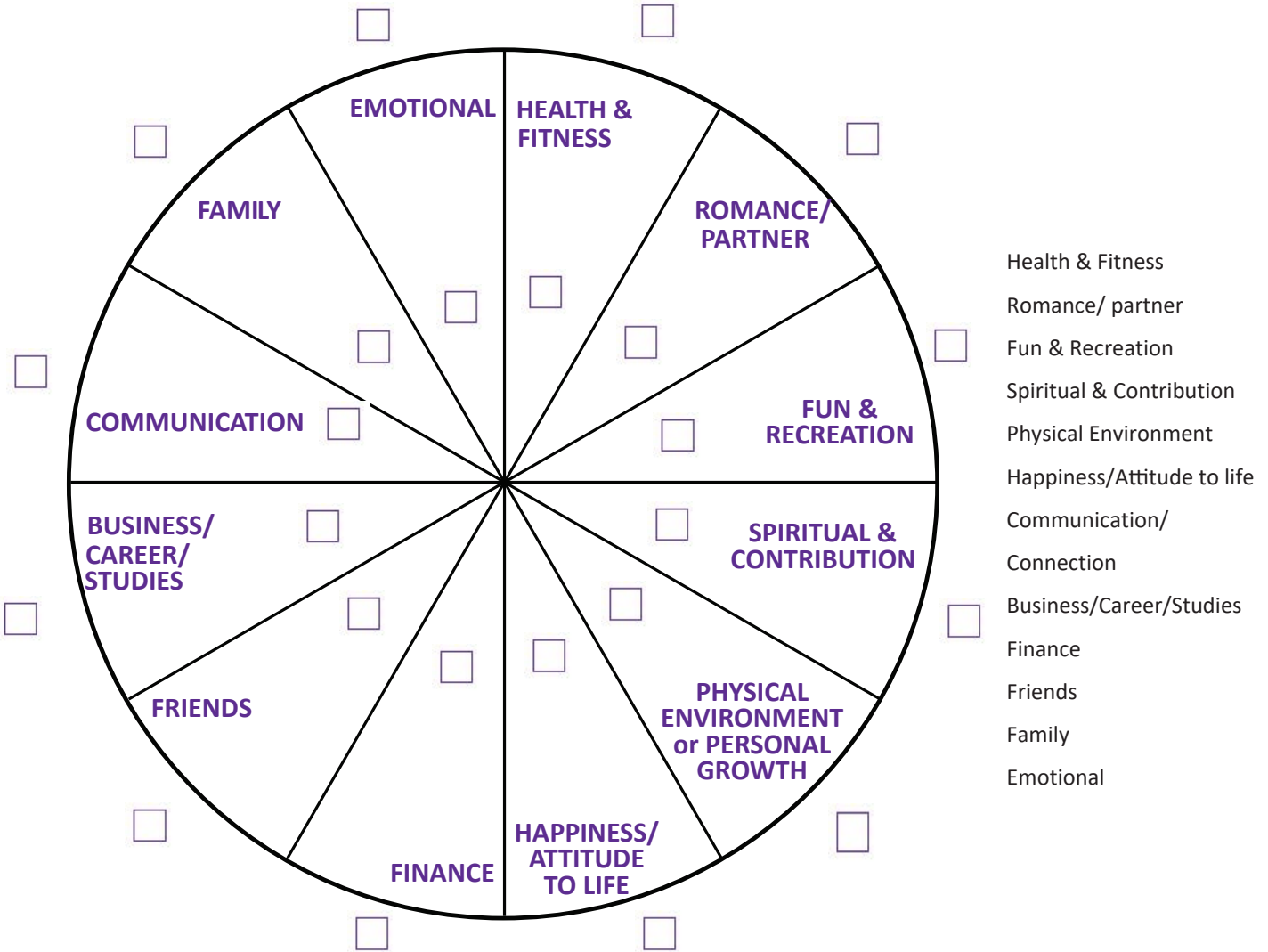


NAME: _____

DATE: _____

LIFE WHEEL



INSTRUCTIONS

1. Please use your gut to decide your score in each life area, don't ponder too long.
2. The score in the center of the circle should reflect how you are feeling about each life area **AT THE MOMENT**, not in the past or future.
3. Score each area out of 10, with 0 in the middle of the spokes, and gradually moving out towards the edge of the circle (a score of 10 - which is as perfect **AS YOU WOULD LIKE IT TO BE** - NOT ANYONE ELSE)
4. Which areas need your attention? Look out of balance? Make a start next to them.
5. Using a **DIFFERENT COLOUR** now complete the life wheel again, with how you would **LIKE** each particular area to be.

