

Wheel of Life

How bumpy would the ride be if this were a real wheel? What areas of your life would you want to change?

Instructions:

For each area of your life give yourself a score from 1 to 10 on your level of satisfaction (with 10 being great, couldn't be better and 1 being I hope it doesn't get any worse!).

Once you have a score for each area plot it out on the circle with zero being at the centre and 10 being at the outer edge. To get an overall picture of the balance in your life simply connect the dots.

