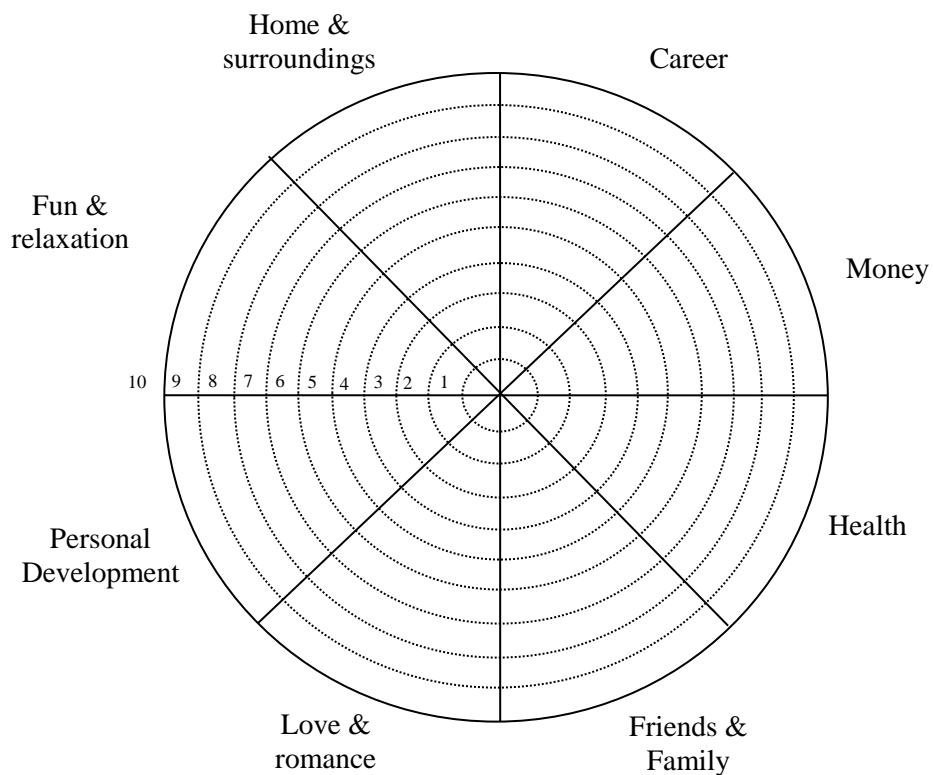
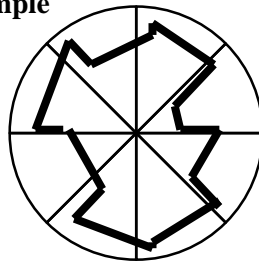


Wheel of Life Exercise

Directions:

The eight sections in the Wheel of Life are one way of representing a whole life – there’s also a blank template on the next page so you can use your own segment headings. Mark your current level of **satisfaction** with each segment by drawing a line to create a new outer edge. The new perimeter of the circle represents your current balance wheel.

Example



LIFE BALANCE WHEEL

