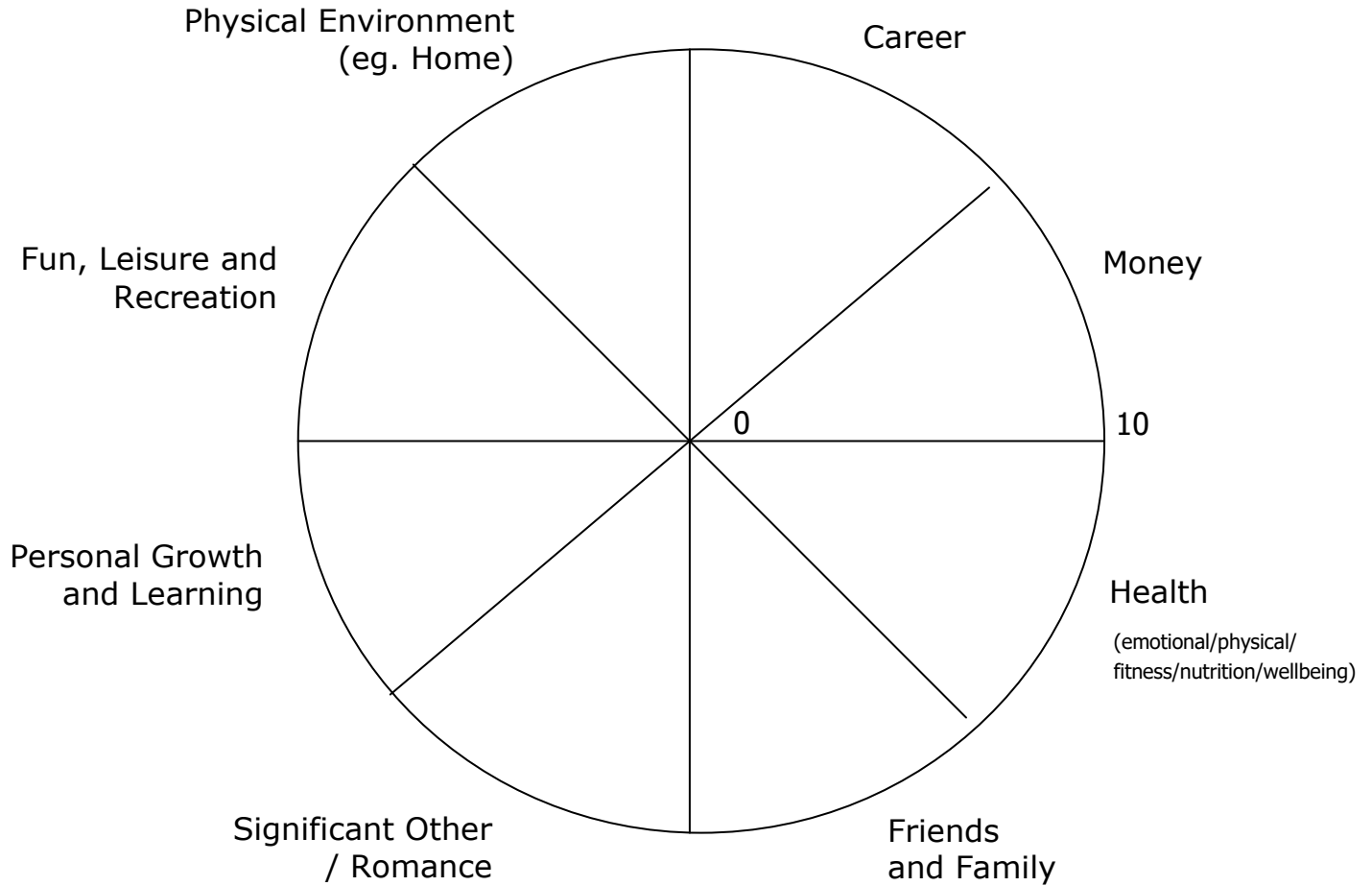




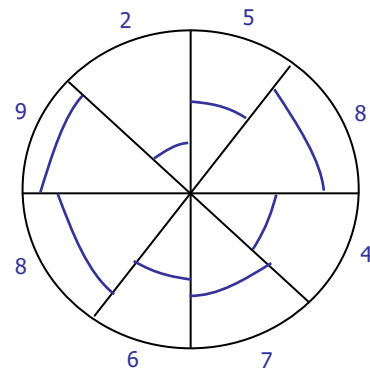
The Wheel of Life

NAME: _____

DATE: _____



EXAMPLE



WHEEL OF LIFE INSTRUCTIONS

The 8 sections in the Wheel of Life represent balance.

- ✿ Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- ✿ Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **how happy** you are 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 Life'. Is it a bumpy ride?
- ✿ What would you need to do in order to make each section a 10/10? List the skills you need to obtain or actions you need to take