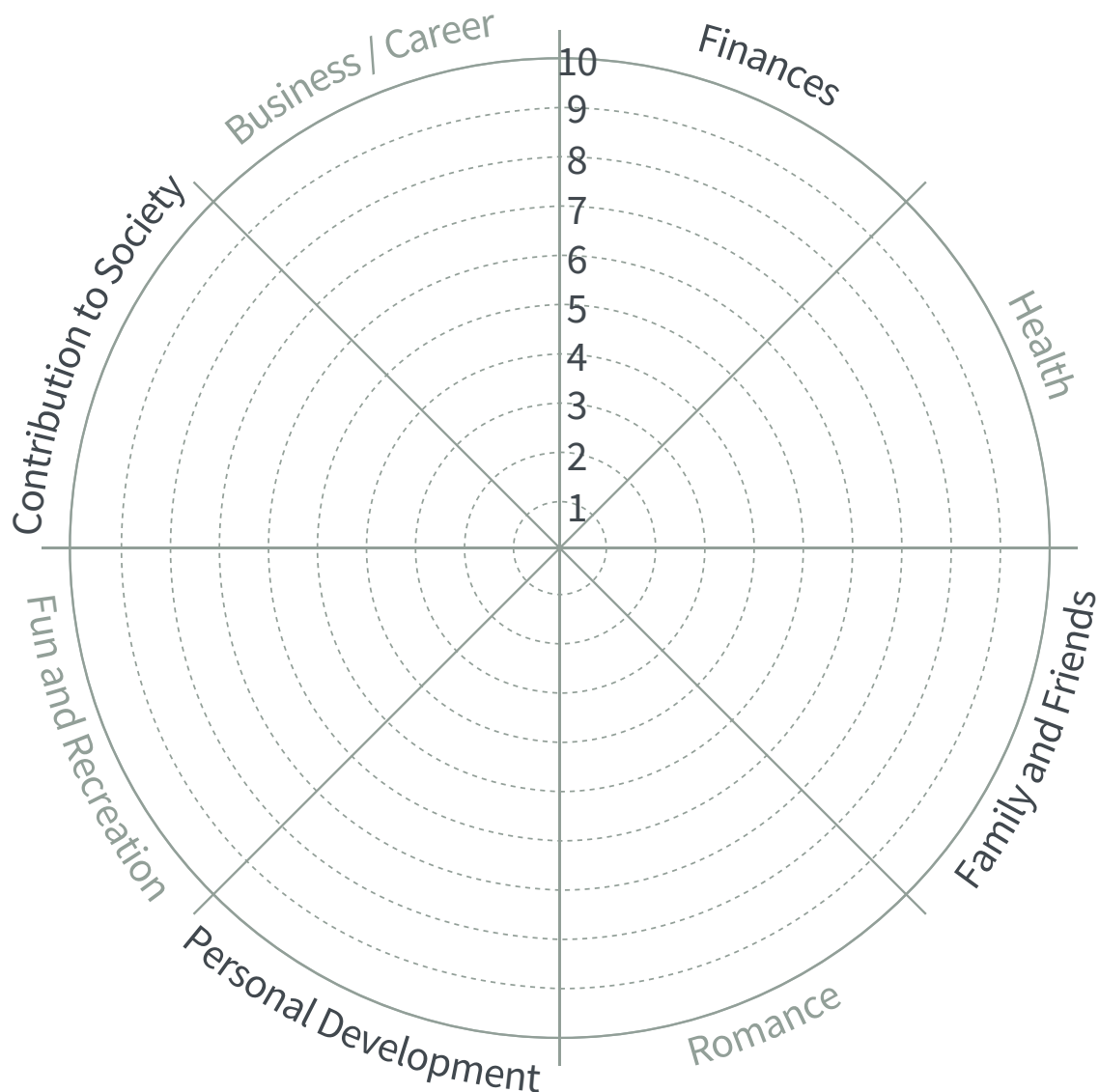


# Wheel of Life

The Wheel of Life is a tool designed to help you assess various areas of your life and identify areas that may be off-balance. Review each segment of the wheel and assess your satisfaction level in each area. Use a scale of 1-10 (10 = extremely satisfied).



Draw a line across each section to represent your score, and then join up the lines to create your final Wheel of Life. This can help you visualize which areas of your life may need more attention and support in order to achieve balance and overall well-being.