



WHEEL OF LIFE

The Wheel of Life is a tool for you to assess the current level of satisfaction you are experiencing in your life right now. The eight sections labeled below represent various areas of your life. If the center of the wheel is 0 and the outer edge is 10, please rank your level of satisfaction with each area of your life. When ranking each section, remember to consider not necessarily how "good" or "successful" these areas are to the outside world, but rather whether or not you personally are satisfied or fulfilled in these areas. Draw a line that represents where your level of satisfaction is. For example, a 10 (totally satisfied) would be drawn at the outer edge. A 5 (moderately satisfied) would be drawn halfway between the outer edge and the center. This new perimeter represents the wheel of your life. We will use your responses as a launching off point in our Discovery Session.

