

WHEEL OF LIFE

The intention of the Wheel of Life is to illustrate any imbalance you may be experiencing. It focuses on eight components which are considered to be our “happiness factors.” This type of self-reflection helps you take inventory of the things that matter most, so that you can get (even) more out of life.

DIRECTIONS

Seeing the center wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by reinforcing/tracing over the line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?

