



HOW IT WORKS

8

sections of life make up The Wheel of Life. Each area represents an important area of your own life.

Take a current inventory of your life. Rate it from 1-10. This will also guide you on how you hope to feel in that category. Remember the goal is not to score perfect 10s, as that is unrealistic.

The purpose of this exercise is to see a visual representation of where you are vs your ideal lifestyle. You'll see where you are thriving and where you are surviving. You will color in your rating of where you are and then dot where you want to be. You'll then connect the dots to see where you fall short.