

## Wheel of Life

The wheel of life is made up of eight sections that represent different the areas of your life. Consider the centre of the wheel as a 0 and the outer edge and an ideal 10, rank your level of satisfaction with each life area by drawing a curved line to create a new wheel. This represents you wheel of life and can build a picture of your levels of satisfaction of different areas of your life and therefore what action you need to take to increase your satisfaction in those areas.

