

# THE WHEEL OF LIFE

Fill in each of the eight slices in *The Wheel of Life* to gauge the level of balance in your life.

- On a scale of 1 to 5, with 1 being very unsatisfied and 5 being very satisfied, fill in the slice for each category up to the number that reflects your current level of satisfaction. You may use the slice labeled “Other” to add an additional category of your choosing.
- Leave blank any slice that you don’t believe applies to your life.
- Consider your completed wheel and what it says about your level of satisfaction in each category, answer the questions that follow, and then list your priorities for helping to bring your wheel into balance.

