

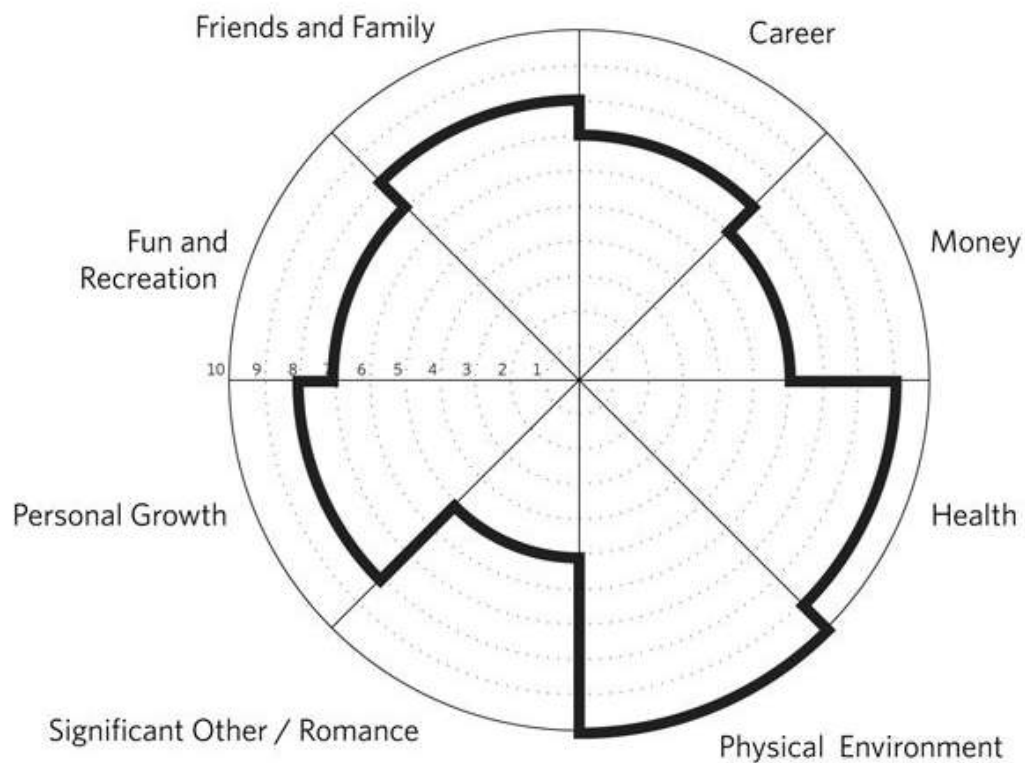
Wheel of Life

The Wheel of Life is a tool which helps to illustrate your life as a whole, as it is right now.

It's normally represented by a circle which has eight segments. Each segment represents a key area of your life that's currently important to you.

But remember the categories and structure is up to you and your client, so feel free to get creative!

Here's an example of a completed Wheel of Life:



Wheel of Life

How to use the wheel of life:

1. Each of the 8 segments represents different areas of your life
2. Rank your level of happiness in each area of your life. The largest outer circle represents 10, and the centre of the wheel represents 0
3. Take a look at your Wheel of Life and imagine it spinning. Is it balanced?

Name

Date

