



The Wheel of Life

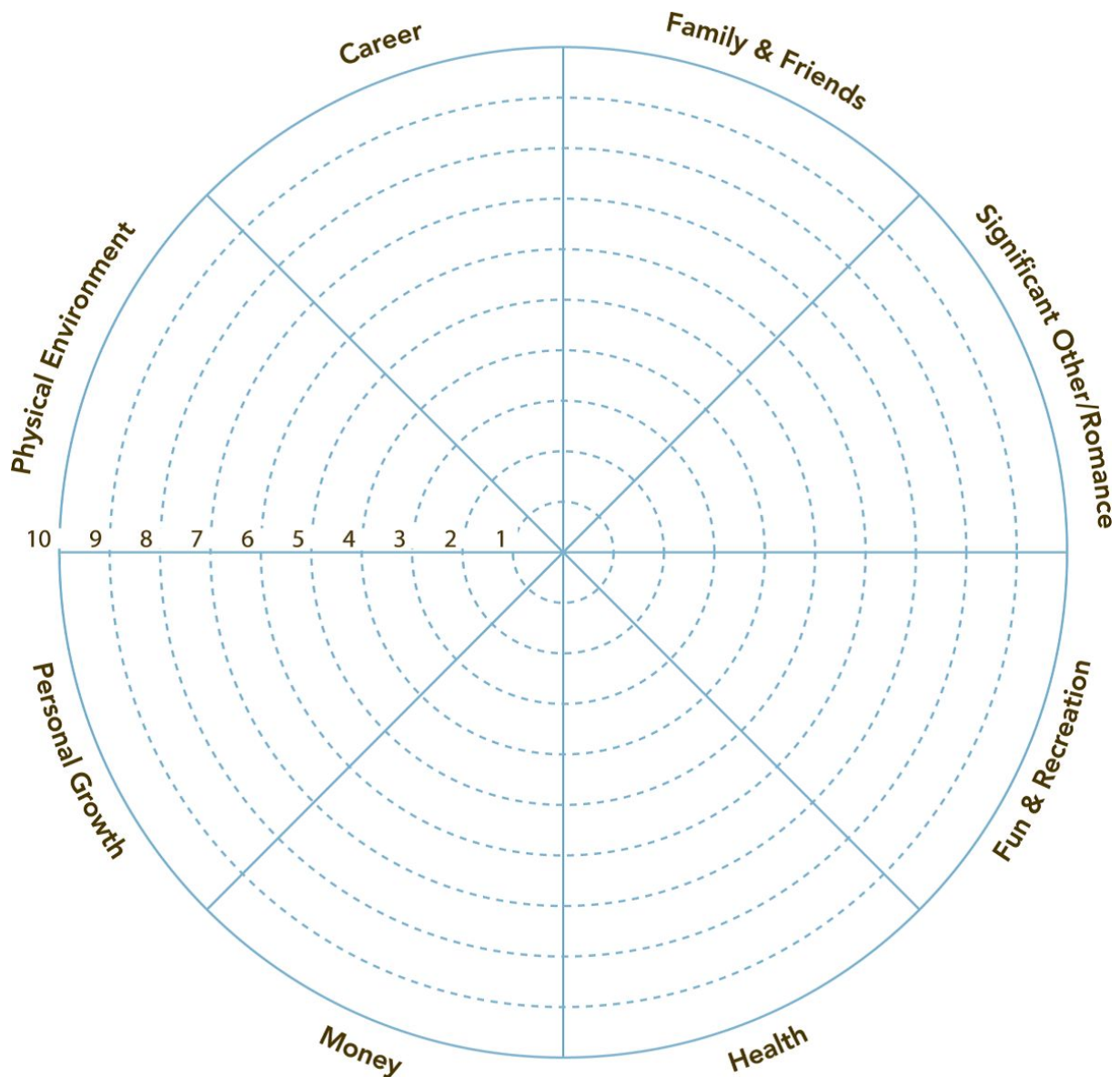
This Wheel of Life contains 8 different sections that represent important aspects your life. For each section, rate your current level of satisfaction by placing a point on the scale.

The scale ranges from 1, not satisfied at all, to 10, highly satisfied.

After you've rated each section, draw a single line that connects all of the dots forming a new circle.

This new perimeter represents your current Wheel of Life. Take a look at it and ask yourself:

How balanced does my wheel feel? In what area(s) do I want to make a change?



For additional info, email me at coaching@consciousdelta.com