

BLANK WHEEL OF LIFE (email)

Directions

The eight sections in the Wheel of Life represent different aspects of your life. Label each section with an area that is important to you. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each area by deleting color bars from a section to match your level of satisfaction in that area. The new perimeter of the colored sections represents the wheel. If this were a real wheel, how bumpy would the ride be?

