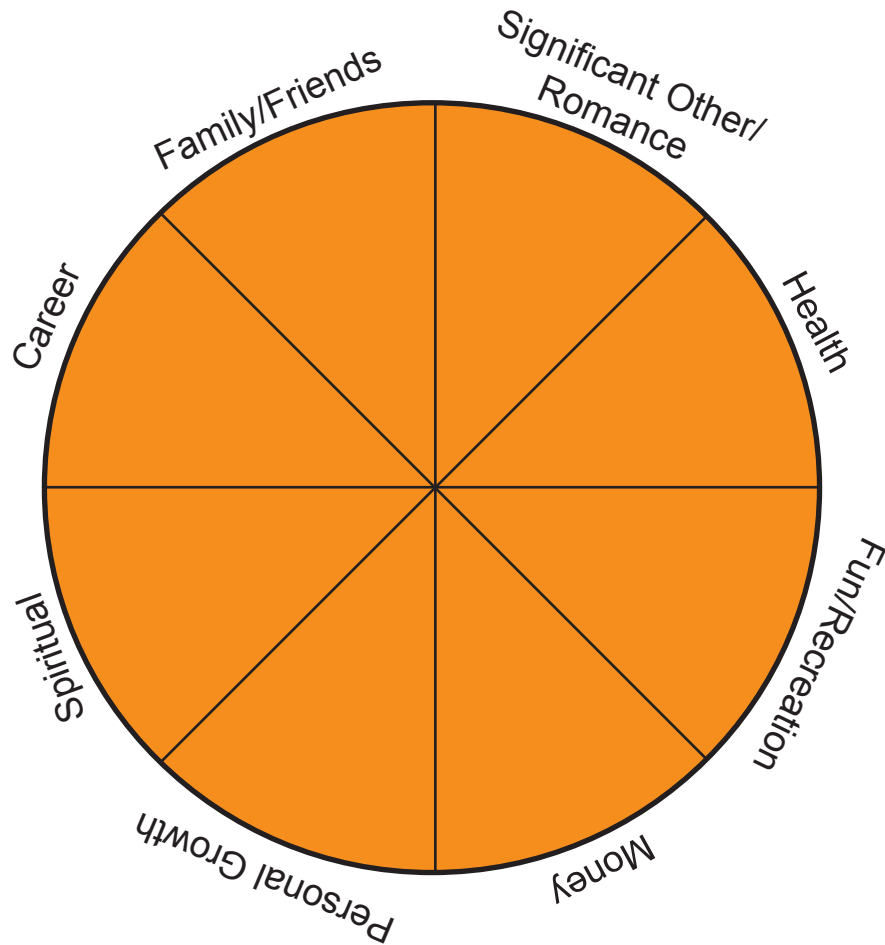




Wheel of Life Exercise



Directions: The eight sections in the Wheel of Life represent balance. Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents your Wheel of Life.

Use the following questions to reflect on your wheel today and commit to **DOING** something different going forward.

- How would the bus ride be if this were a real wheel?
- What area would you like to focus on that would make it a smoother ride?
- What is holding back the satisfaction in that area now?
- What change would make it go up by 2? By 4?
- How can you make that change happen? What support do you need? What is the first step?