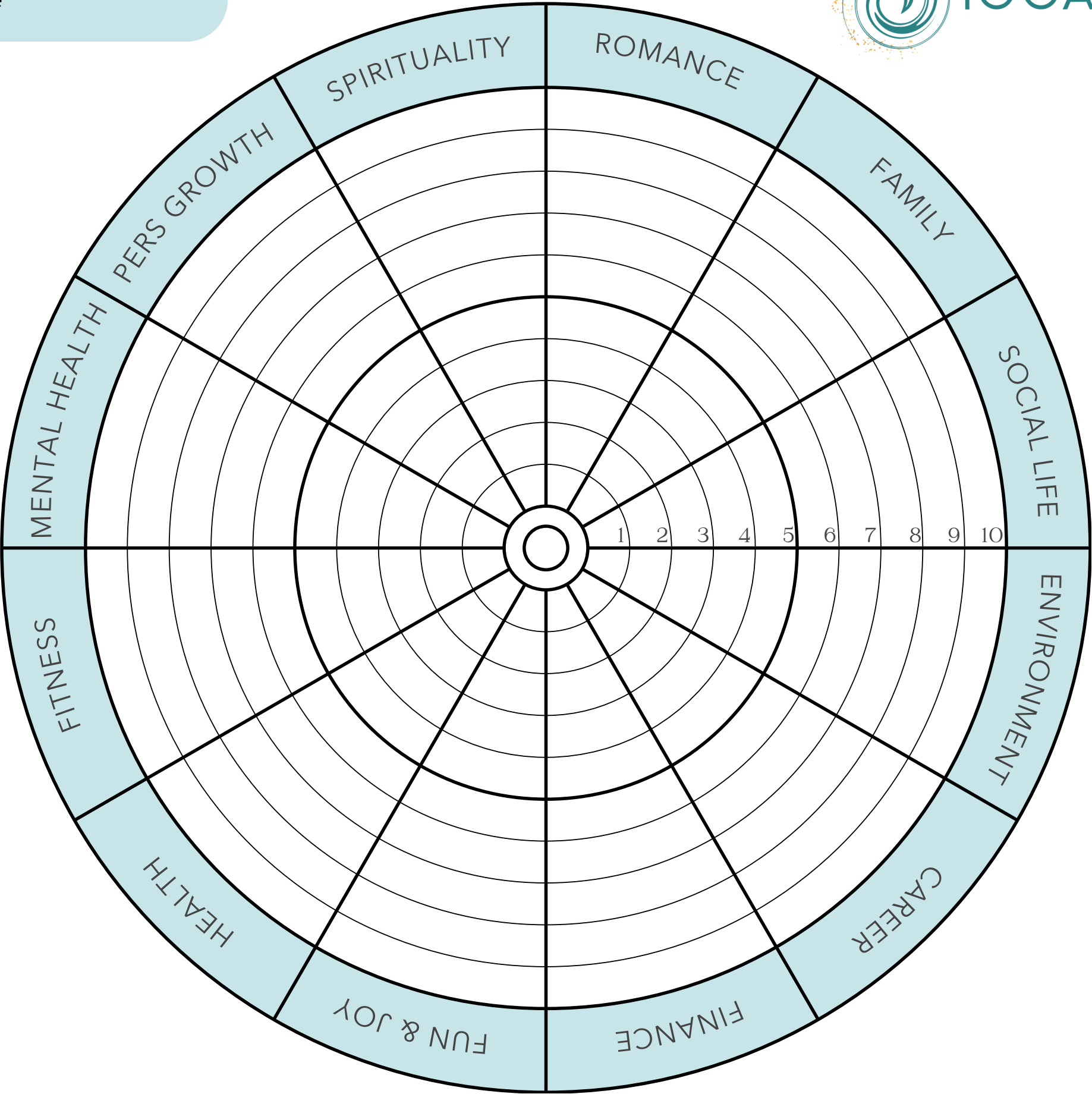


wheel of life

Assess how satisfied you are with your life in each area. Rate your satisfaction in each area on a scale from 1 (not satisfied) to 10 (completely satisfied.) Remember to be honest with yourself while rating. The purpose isn't to achieve perfection, but to highlight areas that may need more of your attention

date



Notes

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