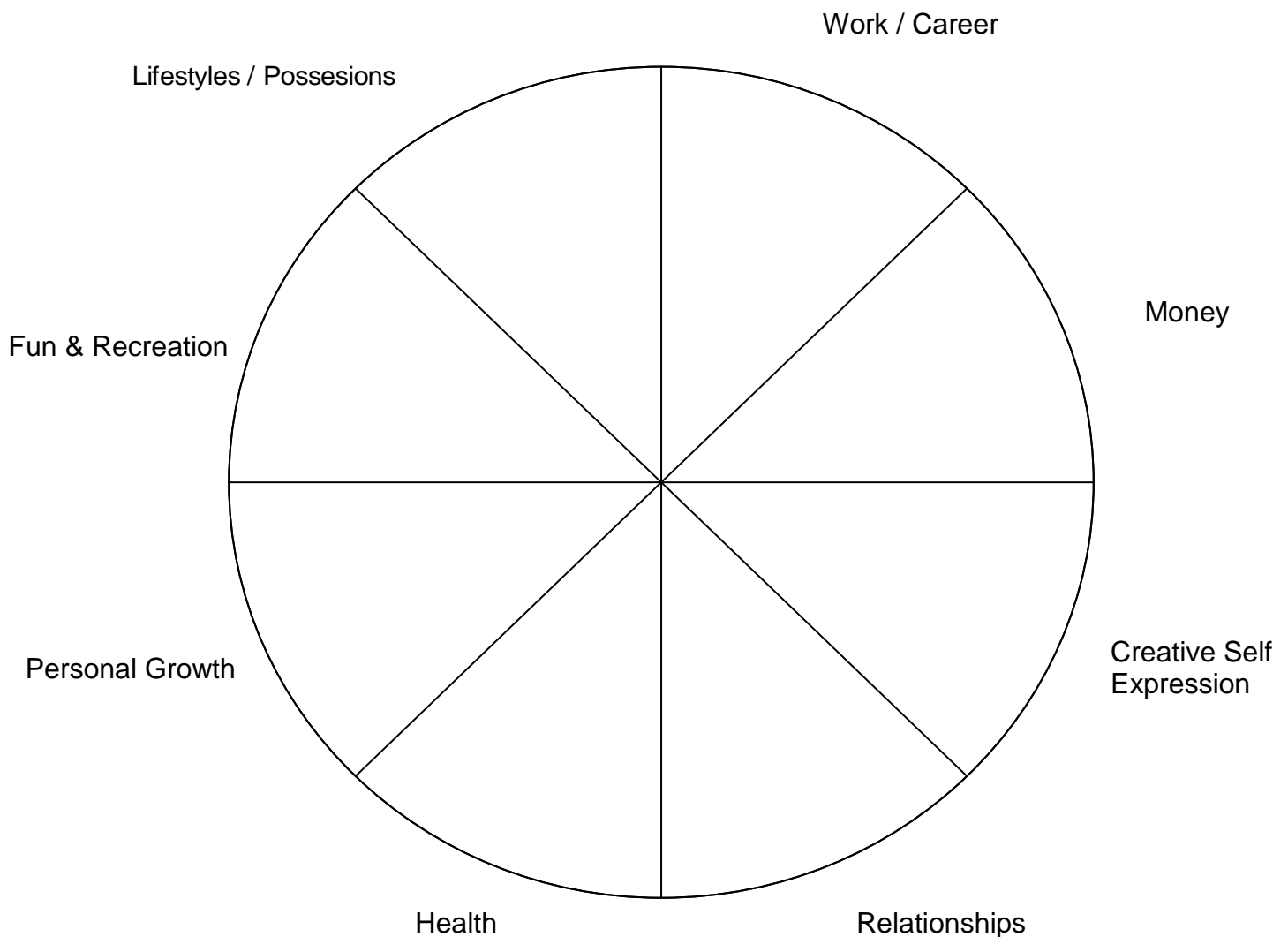


# The Wheel of Life



The eight sections in the wheel of life represent balance. Visualise the centre of the wheel as 0 and the outer edge as 10, and rank your level of satisfaction with each area by drawing a line to create a new outer edge. With this new perimeter for the circle, how bumpy would the ride be if this were a real wheel?

From the above wheel, what immediate changes do you need to make in your life? What changes do you need to make in the longer term. List these below:

Changes needed:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_