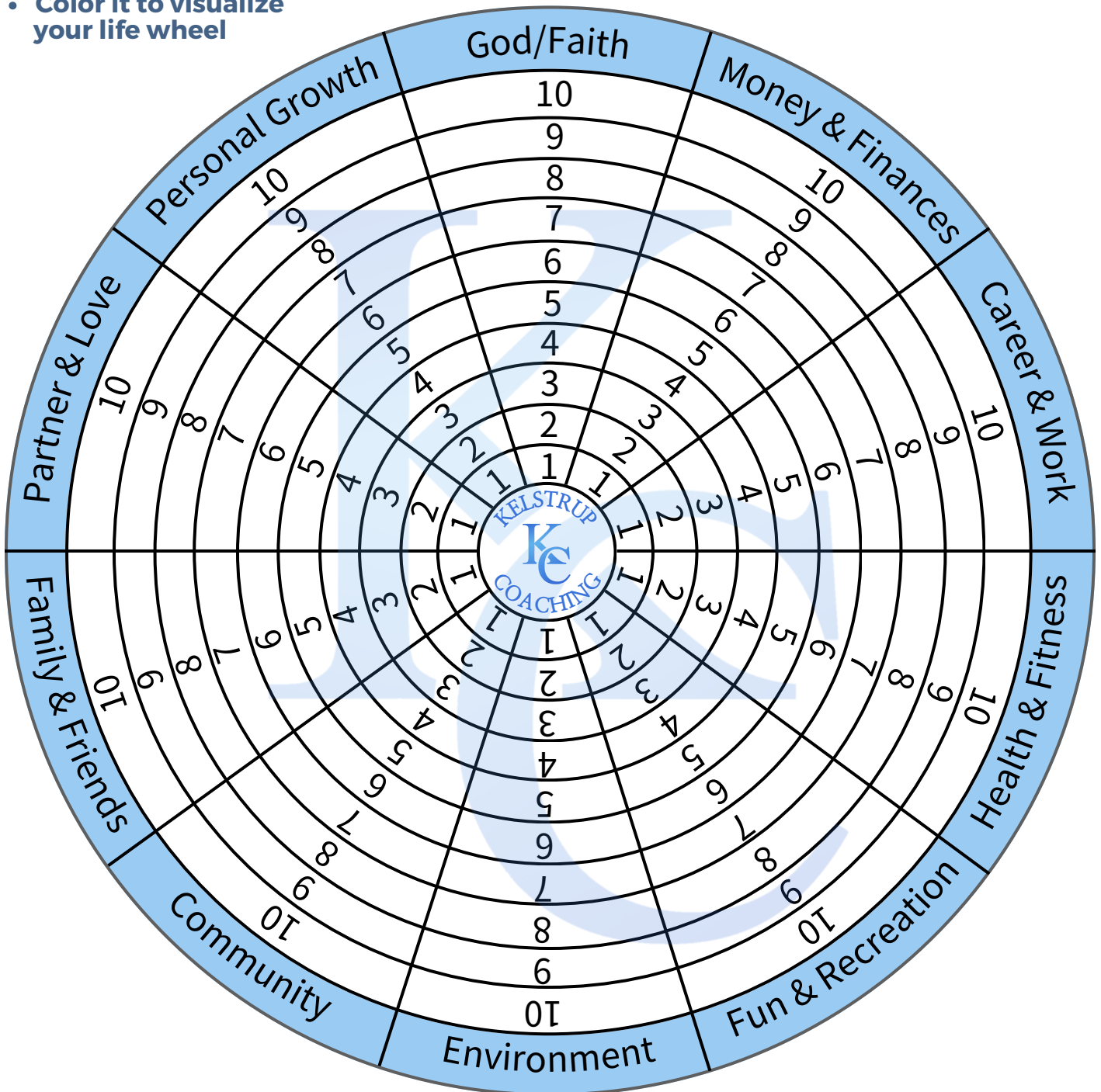


# LIFE WHEEL ASSESSMENT

- Life Wheel instructions: Rate your satisfaction level in each category from 1 to 10. (ranging from 1 being extremely dissatisfied and till 10 completely satisfied.)
- Color it to visualize your life wheel



• Name: \_\_\_\_\_ • Email: \_\_\_\_\_

# LIFE WHEEL ASSESSMENT

- Life Wheel instructions: Rate your satisfaction level in each category from 1 to 10. (ranging from 1 being extremely dissatisfied and till 10 completely satisfied.)

Money & Finances	Personal Growth	Career & Work	Community	Partner & Love
Fun & Recreation	Health & Fitness	Environment	God/Faith	Family & Friends

- What stands out to you as you look at your life wheel:

- What area do you think you could make the biggest difference with the least amount of effort:

- What area would be most important for you to increase:

- What would it mean to you, if you could see that change in your life:

- What will you do to begin this change:

• Name: \_\_\_\_\_ • Email: \_\_\_\_\_