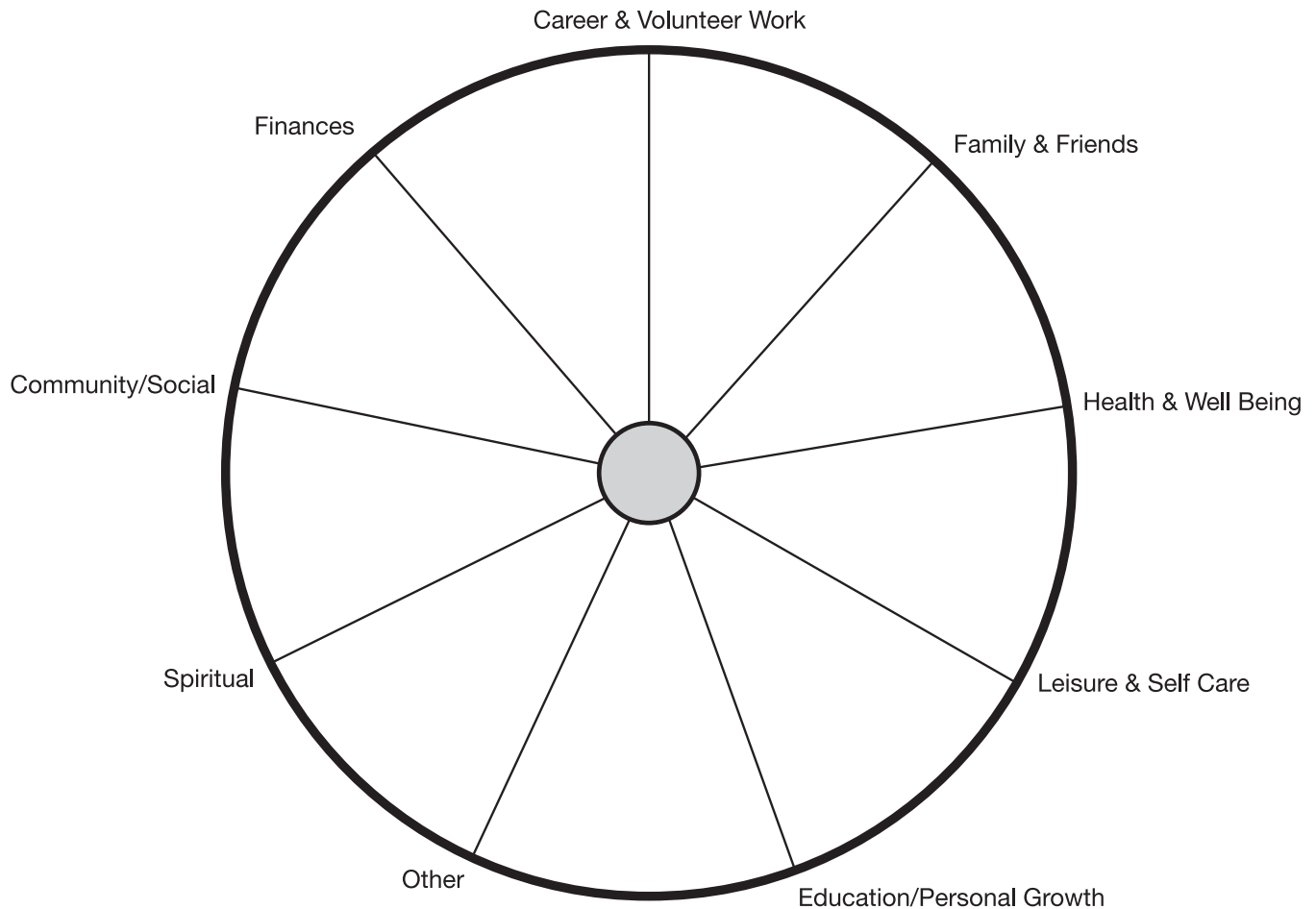


Name: _____ Date: _____

Wheel of Life

This exercise will help you evaluate the degree of balance and level of life satisfaction by assessing your growth and development in each aspect of your life.

You'll begin by placing a dot in each section below. The dot indicates your level of satisfaction with that part of your life. If you're happy, put the dot near the outer boundary of the circle. If you're unhappy put the dot near the center circle. If you feel something in between, place the dot in the middle somewhere. Finally, connect all the dots together.



Once all the dots are connected, we'll use this wheel in our discussions. Your level of awareness is an important part of identifying personal actions to take that may positively affect your quality of life. We'll work together to select one or two specific courses of action based on your assessment above.