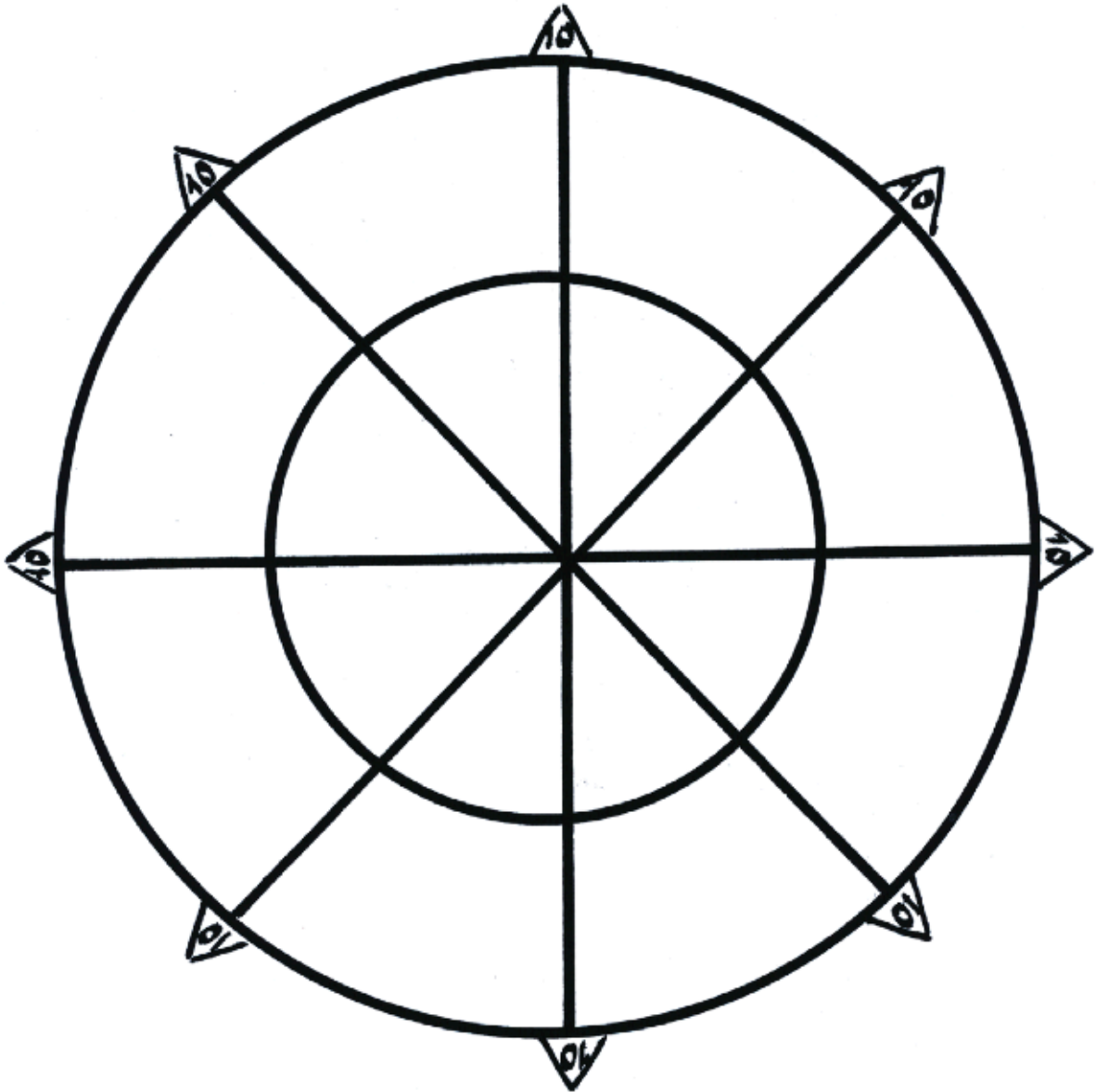


The Life Wheel



Use the life wheel and evaluate your situation within each area today. Then review your situation on a scale from 0–10.

The hub of the wheel is zero. The inner circle represents an evaluation of 5 and the outer circle represents an evaluation of 10. The more content you are, the closer your evaluation will be to the centre of the circle. An evaluation of 5 indicates that you are neither content nor discontent. An evaluation below 5 indicates a dissatisfactory situation. An evaluation of 6 and above indicates a satisfactory situation. The closer you get to the outer circle and an evaluation of 10, the more content you are with your situation. Start by writing the date. Do this each time you draw a new life wheel, so that you can establish whether you have made progress.