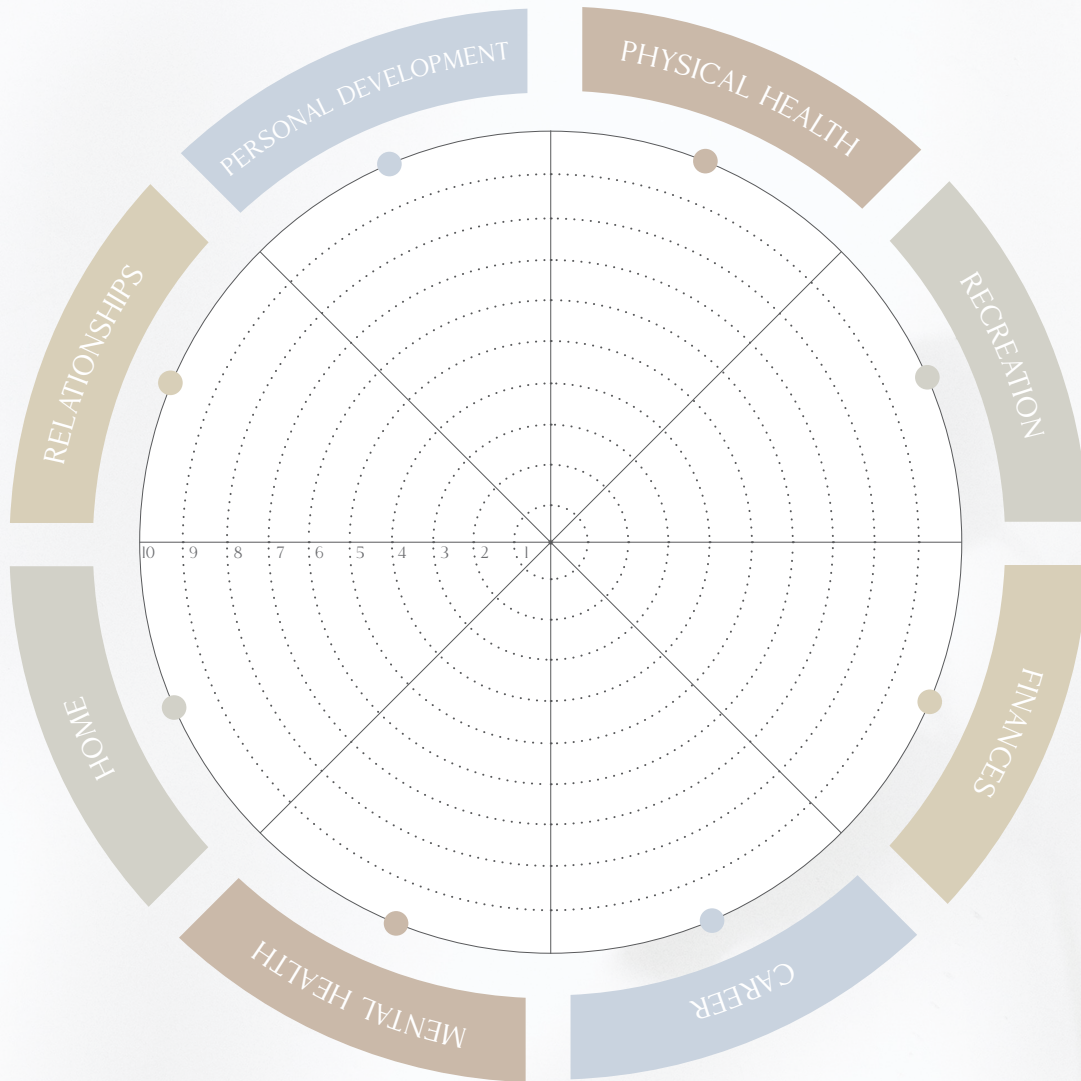


# WHEEL OF LIFE

**PHYSICAL HEALTH**  
(exercise, eating well, sleep)  
**RECREATION**  
(fun, relaxation, interests)

**FINANCES**  
**CAREER**  
**MENTAL HEALTH**  
(mindset, emotions)

**HOME** (safe, comfortable)  
**RELATIONSHIPS**  
**PERSONAL DEVELOPMENT**  
(spirituality, personal growth)



Score your level of satisfaction in each of the 8 categories of your life. Zero means you are not satisfied and feel unfulfilled in that area. 10 means you are extremely satisfied with that area and feel very fulfilled.

Color the number of spaces on the wheel that match your ranking. You will see very clearly the category in your life that can use improvement and the ones that feel satisfied. Have fun with this and be colorful.