

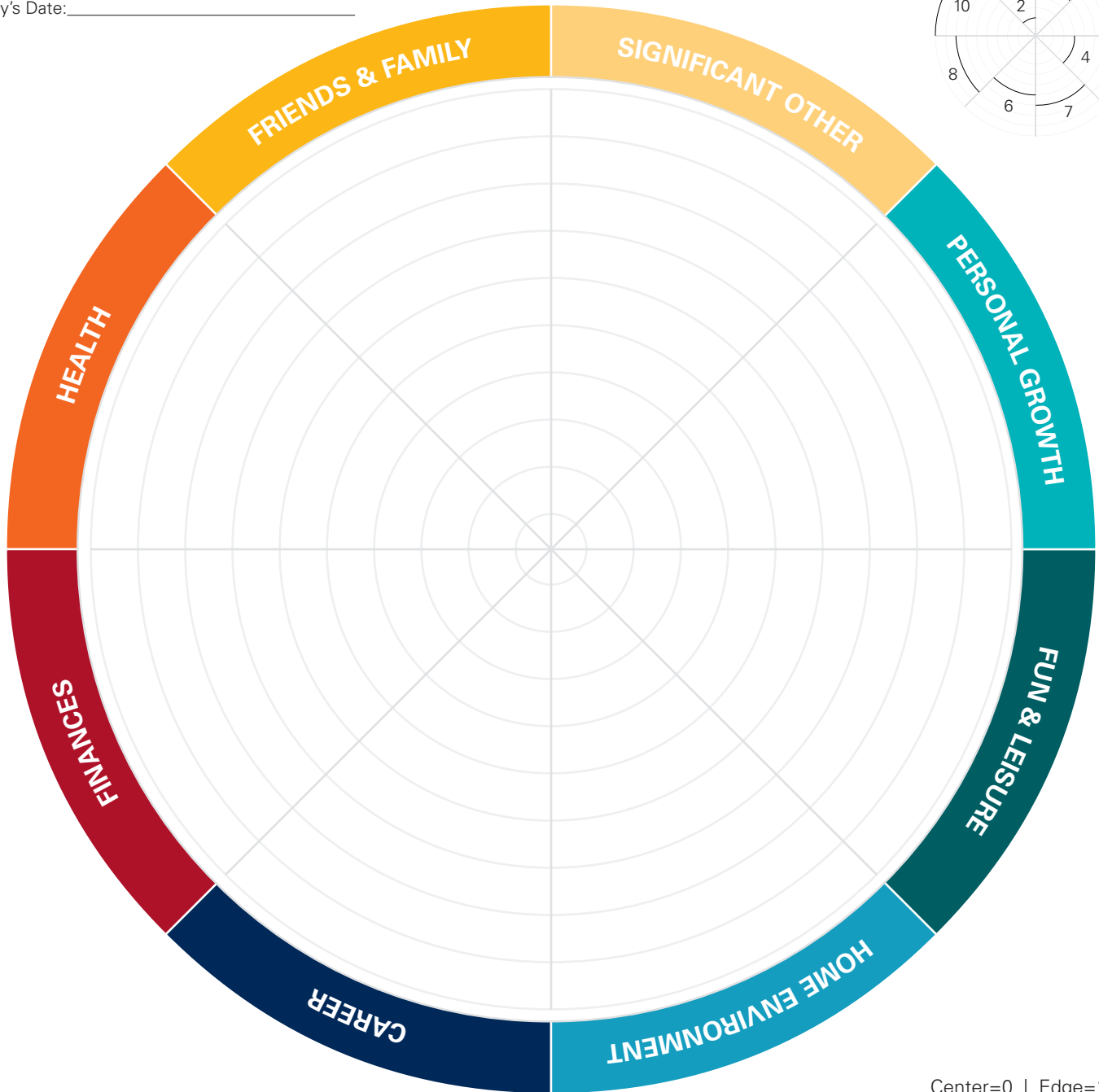
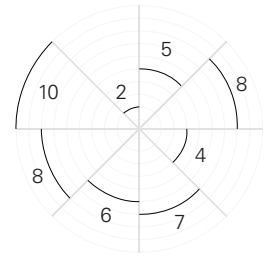
WHEEL OF LIFE

Visualization Tool

Name: _____

Today's Date: _____

Example



Center=0 | Edge=10

Complete the Wheel

1. Review the categories. Think briefly what a satisfying life might look like for you in each area.
2. Trace the segments (0-10) that represent your score for each category. Use the FIRST number that pops in your head – don't overthink it!



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