

# THE WHEEL OF LIFE

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"The Wheel of Life", is a highly effective tool to help individuals improve their overall life balance. Rank your level of satisfaction with each life area by drawing a connecting line. It quickly identifies the areas in life to which you may want to devote more time and energy to, or the wheel can bring attention to areas for you to consider adjusting.

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What is really  
important to you?

Interactive  
Activity

# My Wheel Of Life

## Instructions / Pre-Work for Workshop

The Wheel of Life is a highly effective tool to help individuals improve your overall life balance.

1

Place a dot on the number in each category that shows your Level of Satisfaction

2

A score of 1 indicates that you are not satisfied at all and a score of 10 means you are highly satisfied.

3

Connect the dots to score

