

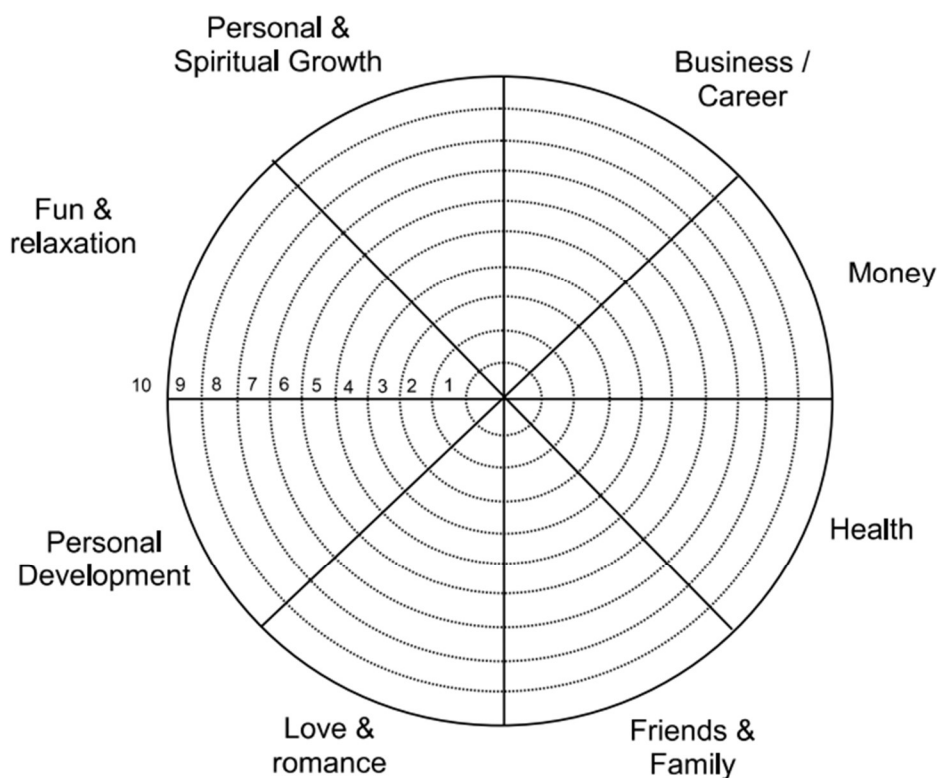
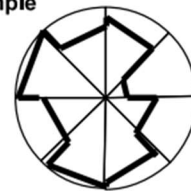
Wheel of Life – helping you to regain balance in your life



The eight sections of the Wheel of Life are a way of representing a whole life. We have also provided a blank template on the following page so you choose your own segment headings. Take into consideration where you are right now and mark your current level of satisfaction for each segment by marking the relevant line or colouring in the bands on the scale of 1-10 (10 being the happiest). Complete each section.

The new perimeter of the circle represents your current balance wheel.

Example



You now have a visual representation of areas of your life that are thriving and **areas that you need to work on** to regain balance and a new focus for the coming months. Use this information to help plan your goals and your time to work on areas that need improvement to bring you more balance.

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A circular diagram for a "Wheel of Life" assessment. The wheel is divided into 10 equal segments by a vertical line, a horizontal line, and two diagonal lines. Each segment is further divided into 10 concentric rings, with the innermost ring labeled "1" and the outermost ring labeled "10". The numbers 1 through 9 are also visible on the horizontal line to the left of the wheel. Surrounding the wheel are 10 empty rectangular boxes, one for each segment, intended for labeling the categories.