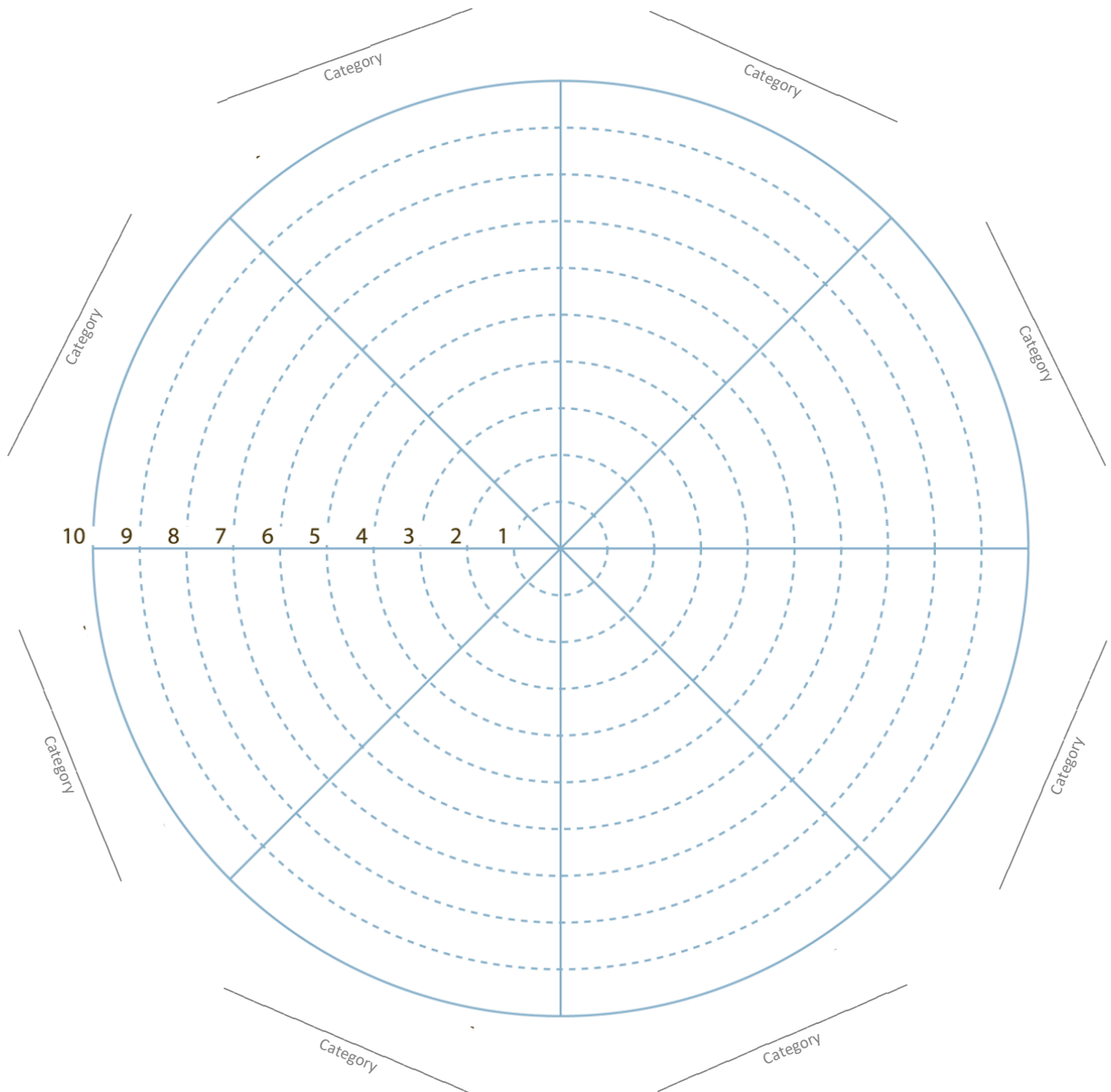


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# The Wheel of Life



**Directions\***: The sections in the circle above represent different areas of your life. Examples include career, family, community, self-development, education, health, intimacy, fitness, spirituality, nature, recreation, etc.

Choose 8 aspects of life that are most important to you, adding a label to each section. With the center of the wheel as 1 and the outer edge as 10, rank **your level of satisfaction** with each area by filling it in or drawing a line to create a new outer edge. The new perimeter represents your “Wheel of Life”, *as you experience it today*.

**Your wheel can be any shape you wish it to be!** It does not need to be perfectly round or balanced in any pre-defined way. **What section would you like to “pump up” a bit more than it is right now?**

\*adapted from Coactive.com