**EXAMPLE**

8

9

7

2

4

5

8

6

**NAME:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **DATE:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**YOUR WHEEL INSTRUCTIONS**

The 8 sections in the Wheel of Life represent \_\_\_\_\_\_\_\_.

* **Name the 8 categories** so they're meaningful using the space provided in the ring around the wheel.
* **Next, draw a line** across each segment that represents your satisfaction score for each area.
* Imagine the centre of the wheel is 0 and the outer edge is 10
* Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
* Now draw a line and write the score alongside (see example above)
* The new perimeter of the circle represents **your Wheel of \_\_\_\_\_\_\_\_**. Is it a bumpy ride?

**IMPORTANT:** Use the FIRST number (score) that pops into your head, not the number you think it *should* be!