**EXAMPLE**

8

9

7

2

4

5

8

6

## YOUR NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## TODAY'S DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**COMPLETE THE WHEEL:**

**1. Review the 12 Wheel Categories -** think briefly what a satisfying life might look like for you in each area.

**2. Next, draw a line across each segment that represents your current level of 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)

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

Observations/Insights