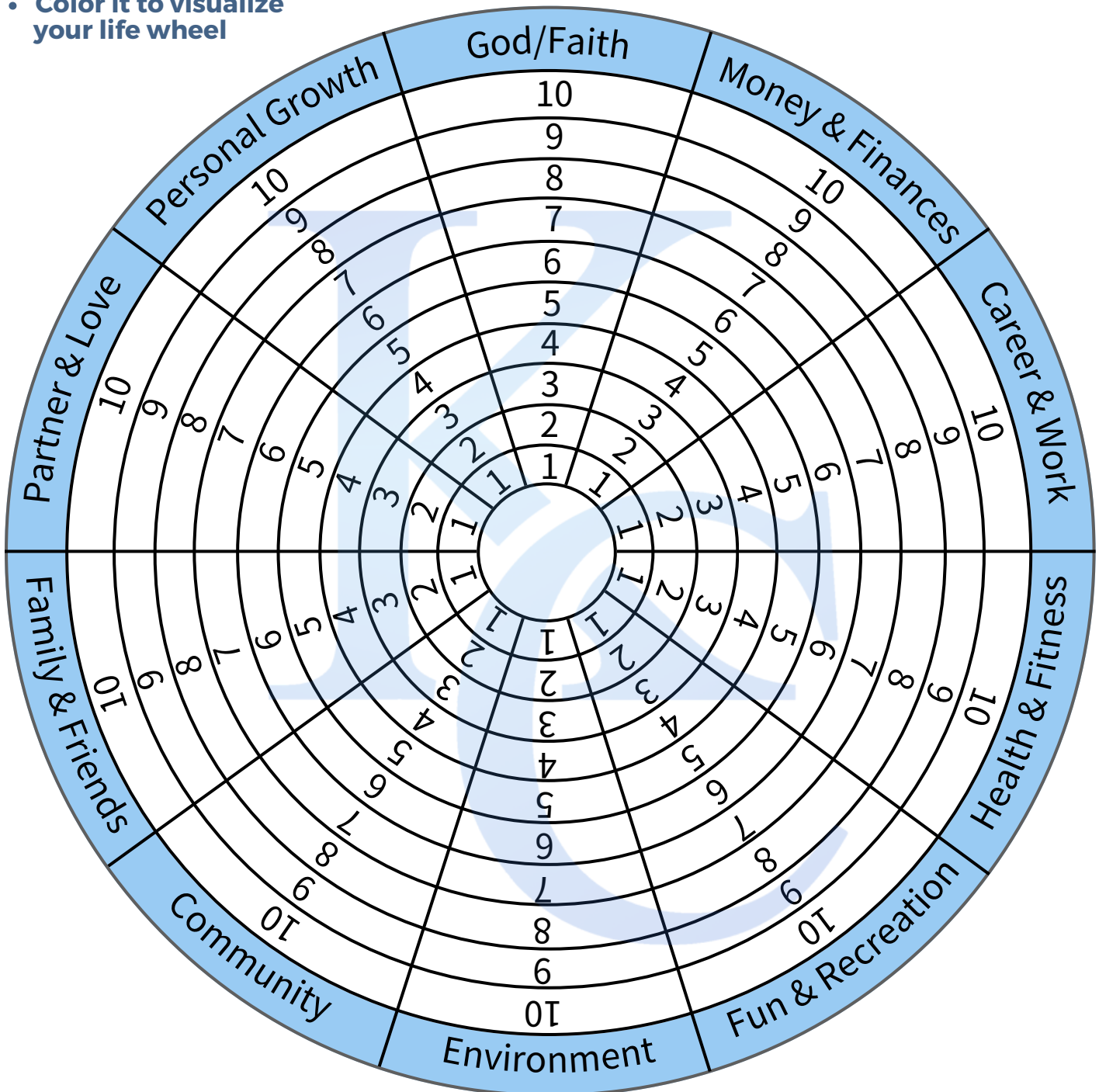


LIFE WHEEL ASSESSMENT

- **Life Wheel instructions:** Rate your satisfaction level in each category from 1 to 10. (ranging from 1 being extremely dissatisfied and till 10 completely satisfied.)
- **Color it to visualize your life wheel**



• Name: _____ • Email: _____



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| | | | | |
|------------------|------------------|---------------|-----------|------------------|
| Money & Finances | Personal Growth | Career & Work | Community | Partner & Love |
| Fun & Recreation | Health & Fitness | Environment | God/Faith | Family & Friends |

- What stands out to you as you look at your life wheel:

- What area do you think you could make the biggest difference with the least amount of effort:

- What area would be most important for you to increase:

- What would it mean to you, if you could see that change in your life:

- What will you do to begin this change:

• Name: _____ • Email: _____

