

Wheel of Life

Directions: Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each area by giving it a number from 0 -10.0 is very dissatisfied and 10 is extremely satisfied. To complete this on the computer, click in the box under each heading. Inside the box, put your rank, 0-10. How bumpy is your wheel?

Personal Time/Time for Self

Career

Money

Health

Family

Significant Other

Personal Growth/Spirituality

Friends and Social Life/Fun