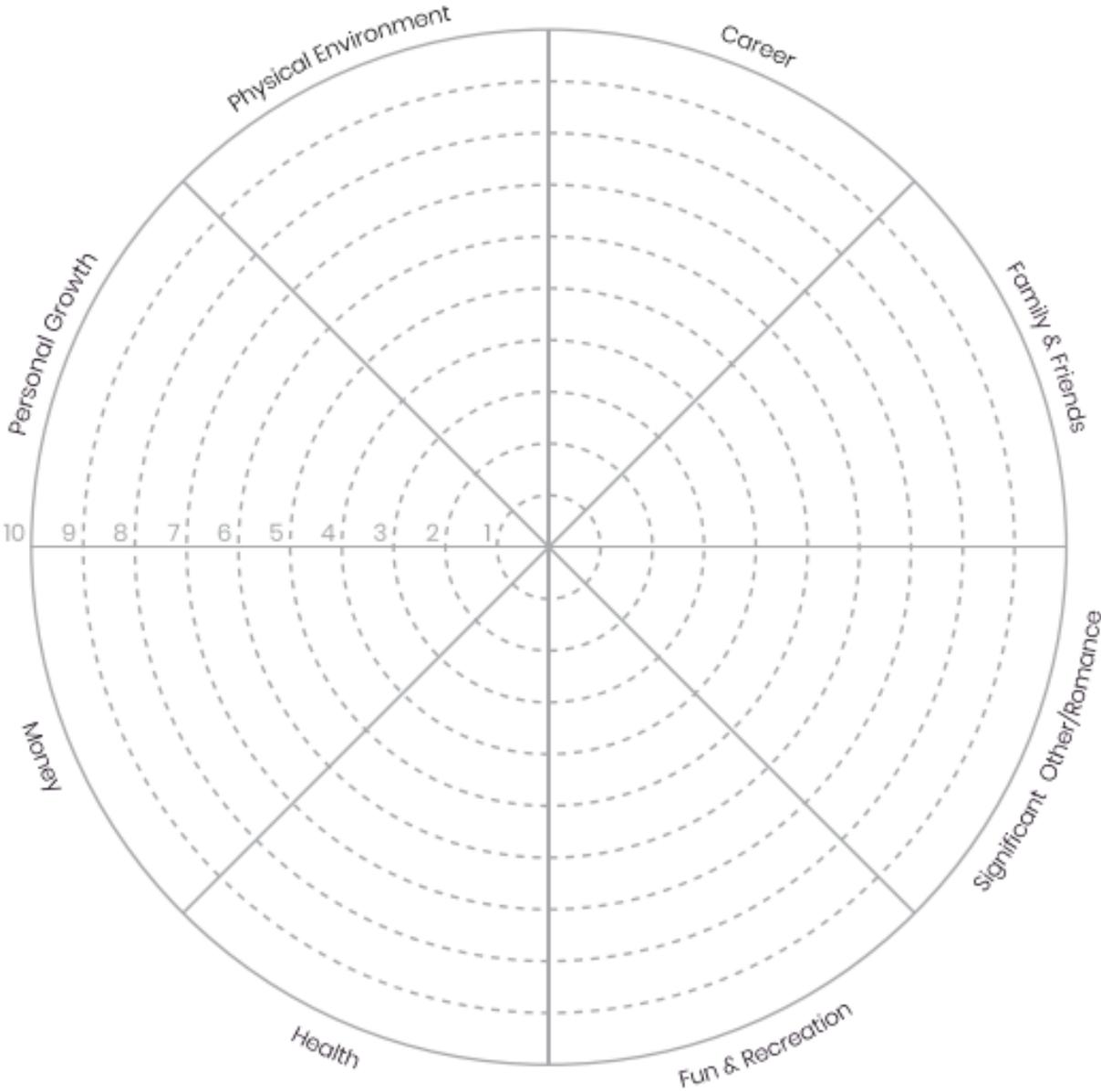


Name:

Date:

Wheel of Life



Directions:

The 8 sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents your Wheel of Life. Give the entire wheel a rank of 0-10 as well.

Name:

Date:

Wheel of Life Intentions (Goals) Worksheet

Physical environment	Career	Money	Health
Friends & family	Significant other/romance	Personal growth	Fun & recreation

*use this sheet to identify any specific goals you have for areas of the wheel, brainstorm ideas or just to jot down your thoughts about your circumstances and your hopes/dreams, vision for your future.