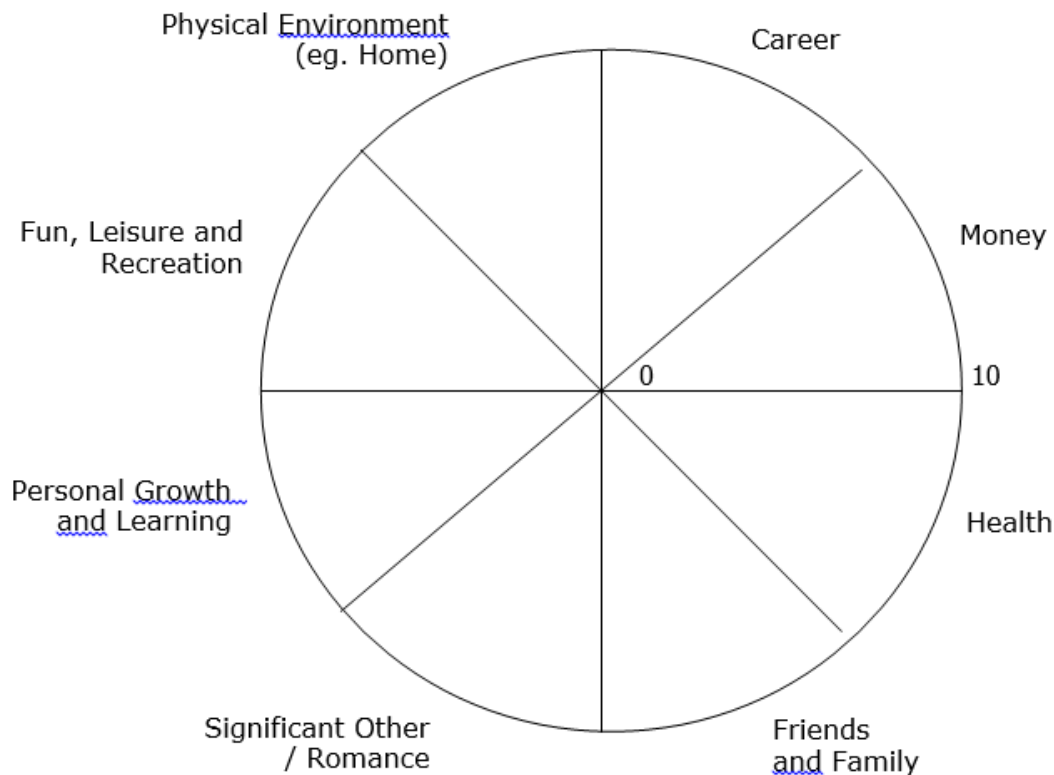




Wheel of Life Assessment

www.inspireyourlife.org

Complete the wheel of life marking between 1 and 10 for each area of your life.



Instructions

The 8 sections in the Wheel of Life represent balance. Please change, split or rename any category so that it's meaningful and represents a balanced life for you. Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

Before your session it may be helpful for you to consider the following questions (there is no need to answer them, they are just here to provoke some thoughts which may help us during the session):

- What's the best bit about your life
- What would you most like to change and why
- If money was no object how would you spend your day
- What do you get up for in the morning
- What would you like to get out of this session
- What would a score of 10 look like on your wheel of life