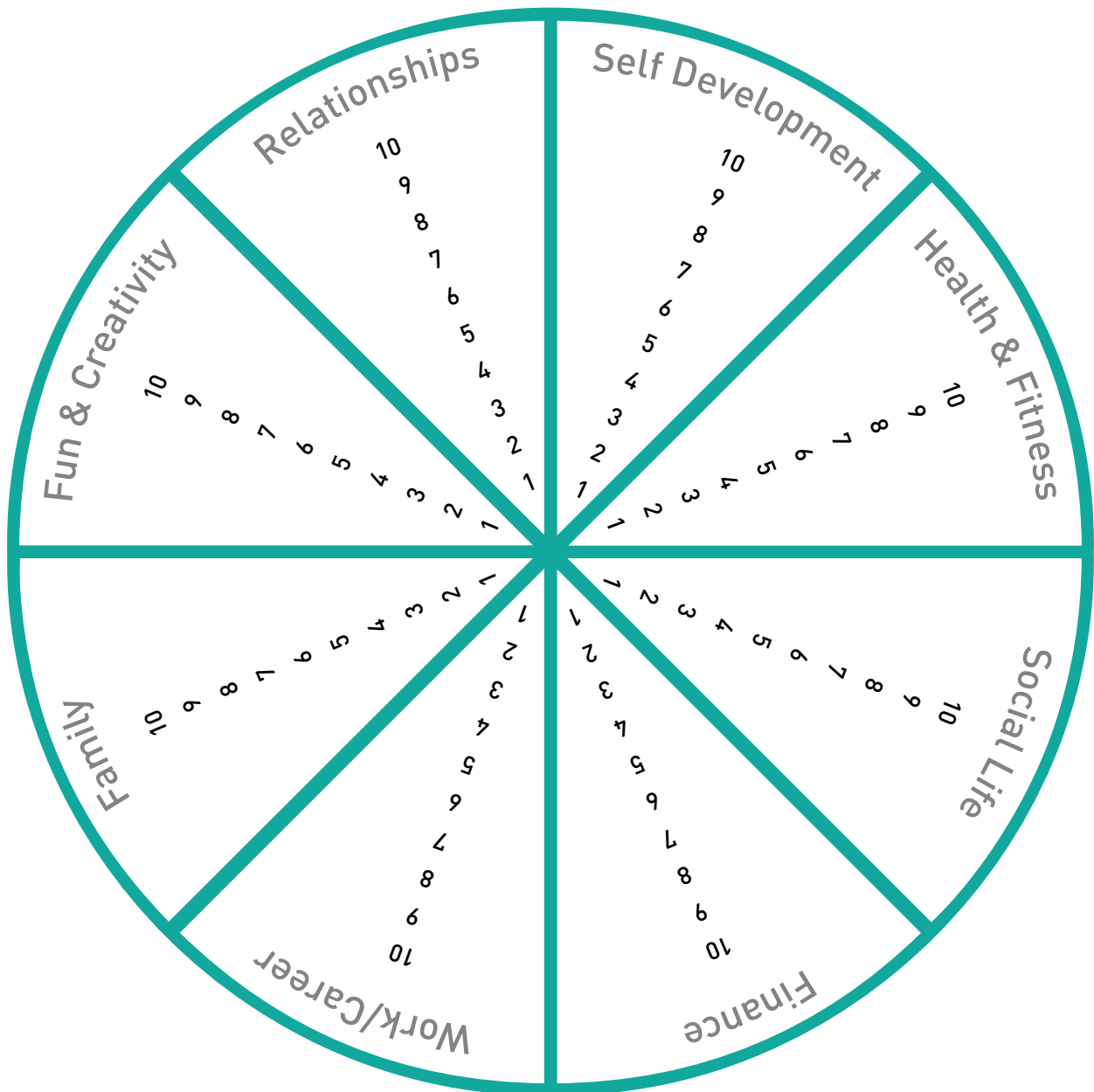


# The Wheel Of Life



Complete the chart by circling or marking where you feel that you currently stand in relation to the above stated areas of your life. (1= totally dissatisfied; 10 = completely satisfied).

Once you have completed the chart, connect the points.

Fill in the dates below. Update chart at various intervals, using a different colour pen to plot your progress.

Today's Date \_\_\_\_\_

Date (3 months time) \_\_\_\_\_

Date (6 months time) \_\_\_\_\_

Date (12 months time) \_\_\_\_\_