



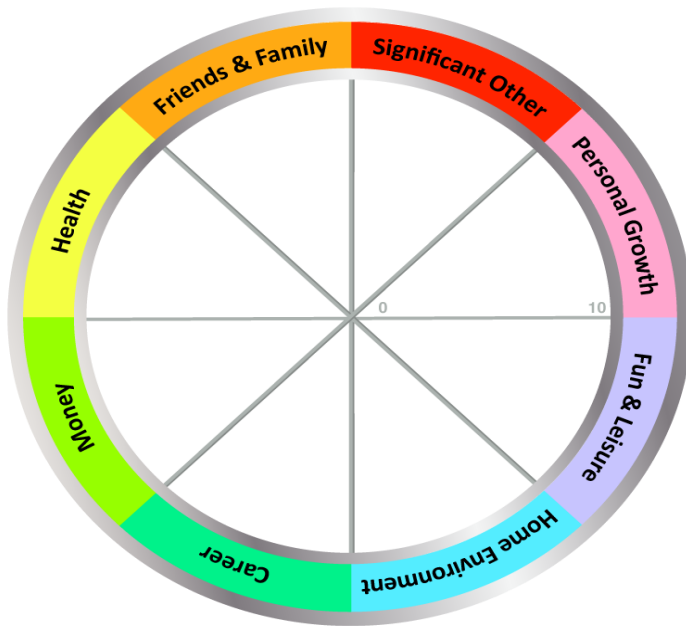
Your Wheel of Life Exercise by ROD!

Rod Solution

YOUR NAME: _____

TODAY'S DATE: _____

The Wheel of Life is a great exercise and tool for helping you create more balance and success in your life.



(see example above)

COMPLETE THE WHEEL:

- 1. Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- 2. Next, draw a line across each segment that represents your satisfaction score for each area.**

- Imagine the centre of the wheel is 0 and the outer edge is 10
- Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
- Now draw a line and write the score alongside

IMPORTANT: Use the FIRST number (score) that pops into your head, not the number you think it *should* be!

EXAMPLE

