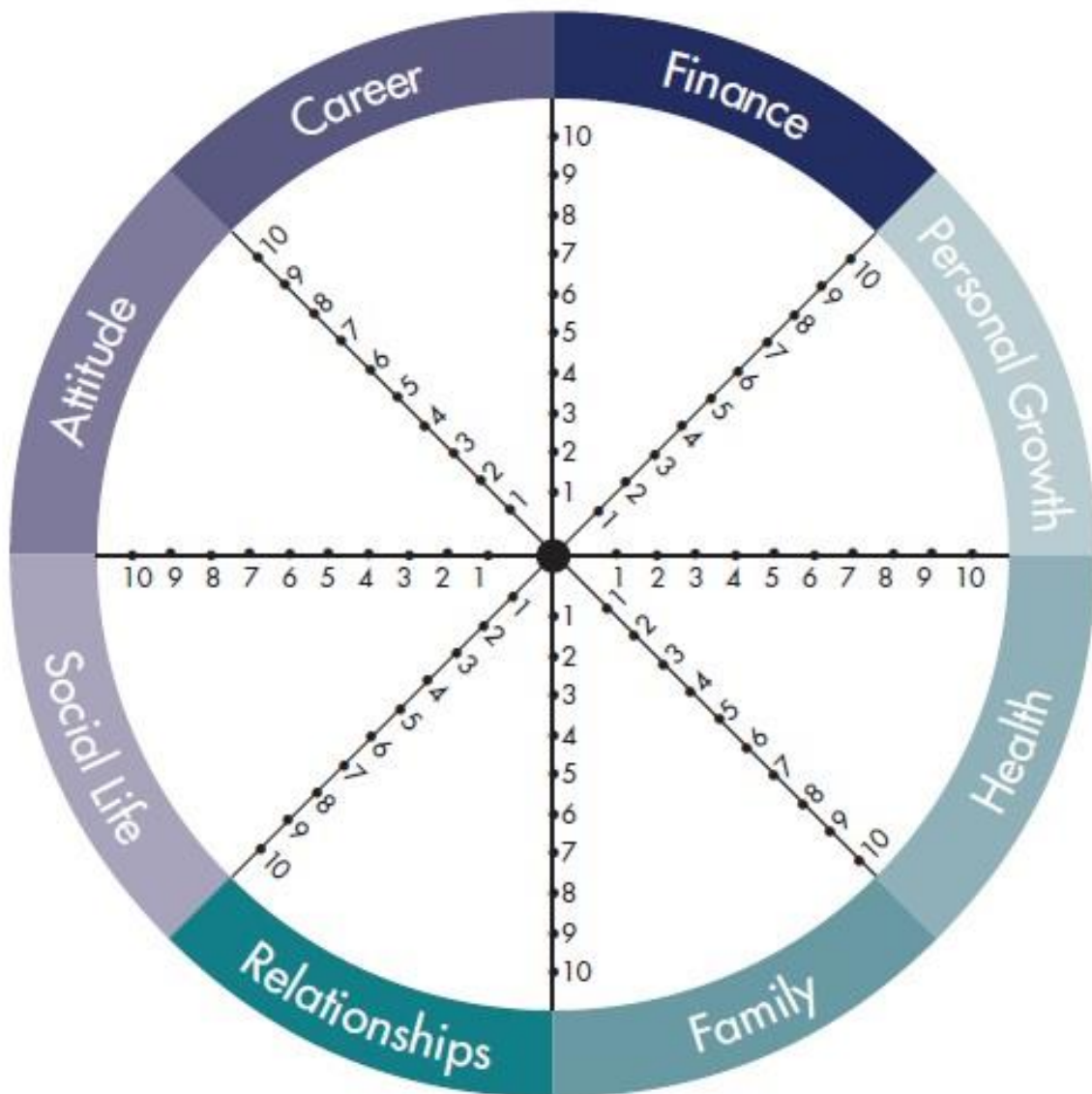




The Course to Change

Wheel of Life

This exercise measures your overall current level of satisfaction with your life. For each category, give a mark between 1 & 10 (with 1 being the lowest and 10 the highest) and connect all the dots. You will then be able to see how balanced your wheel is or isn't and the areas you particularly need to work on. Once completed, answer the questions below.





The Course to Change

Wheel of Life

What area on the wheel are you most wanting & willing to improve?

What is the current state of this area in your life? Why?

What is missing or not working for you in this area?

What would you like to create & improve in this area?