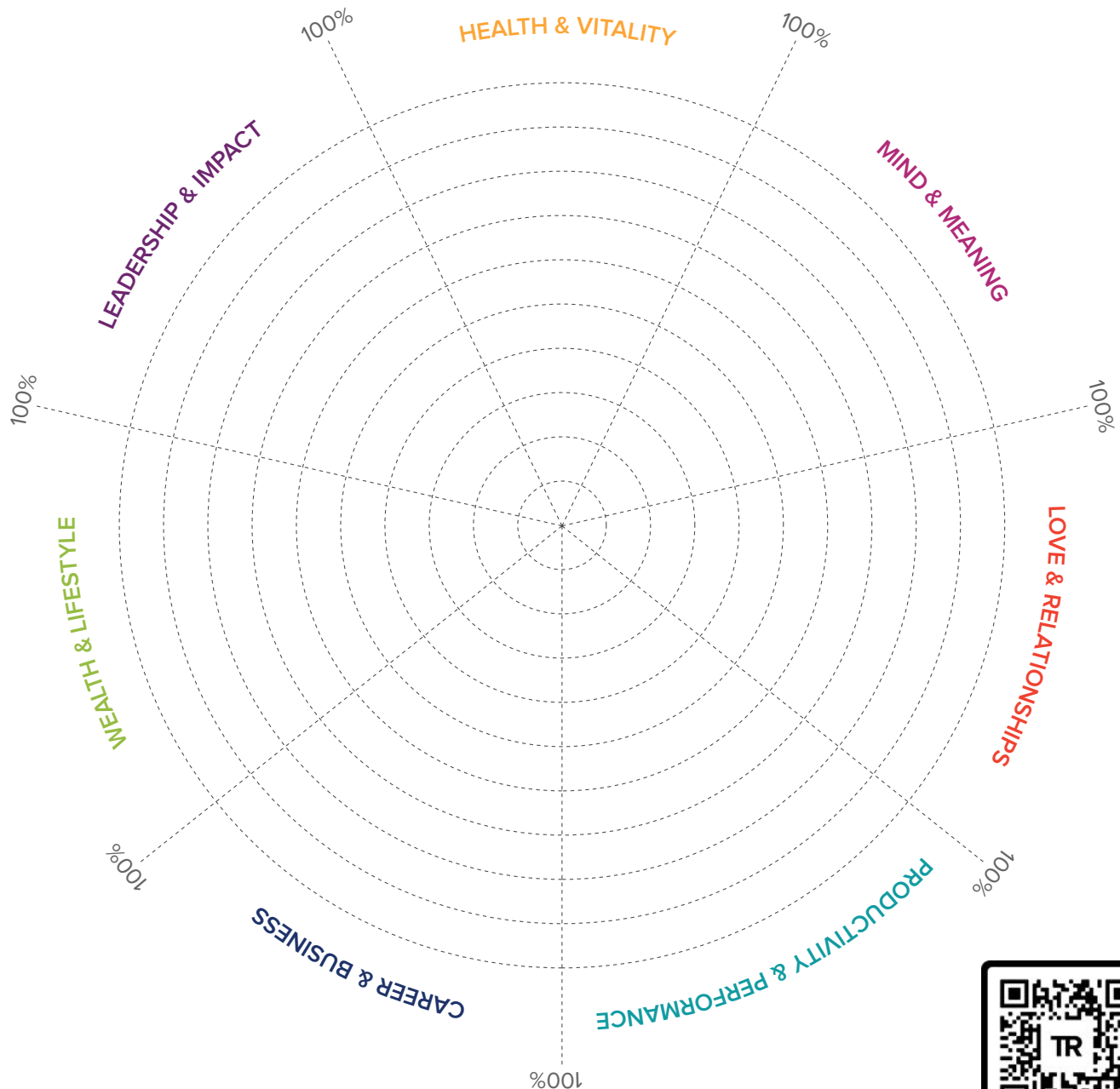


IDENTIFY YOUR GAPS

The sections in the Wheel of Life represent balance. Seeing the center of the wheel as 0% and the outer edge as 100%, rank your level of satisfaction in each life area with a line from the center.

When you're done with your ratings, color in the space between each spoke of the wheel. Don't worry if you see areas that need a LOT of improvement – that's why we're here! In order to know where you want to focus, you need to know and own where you are right now. The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this were a real wheel?



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