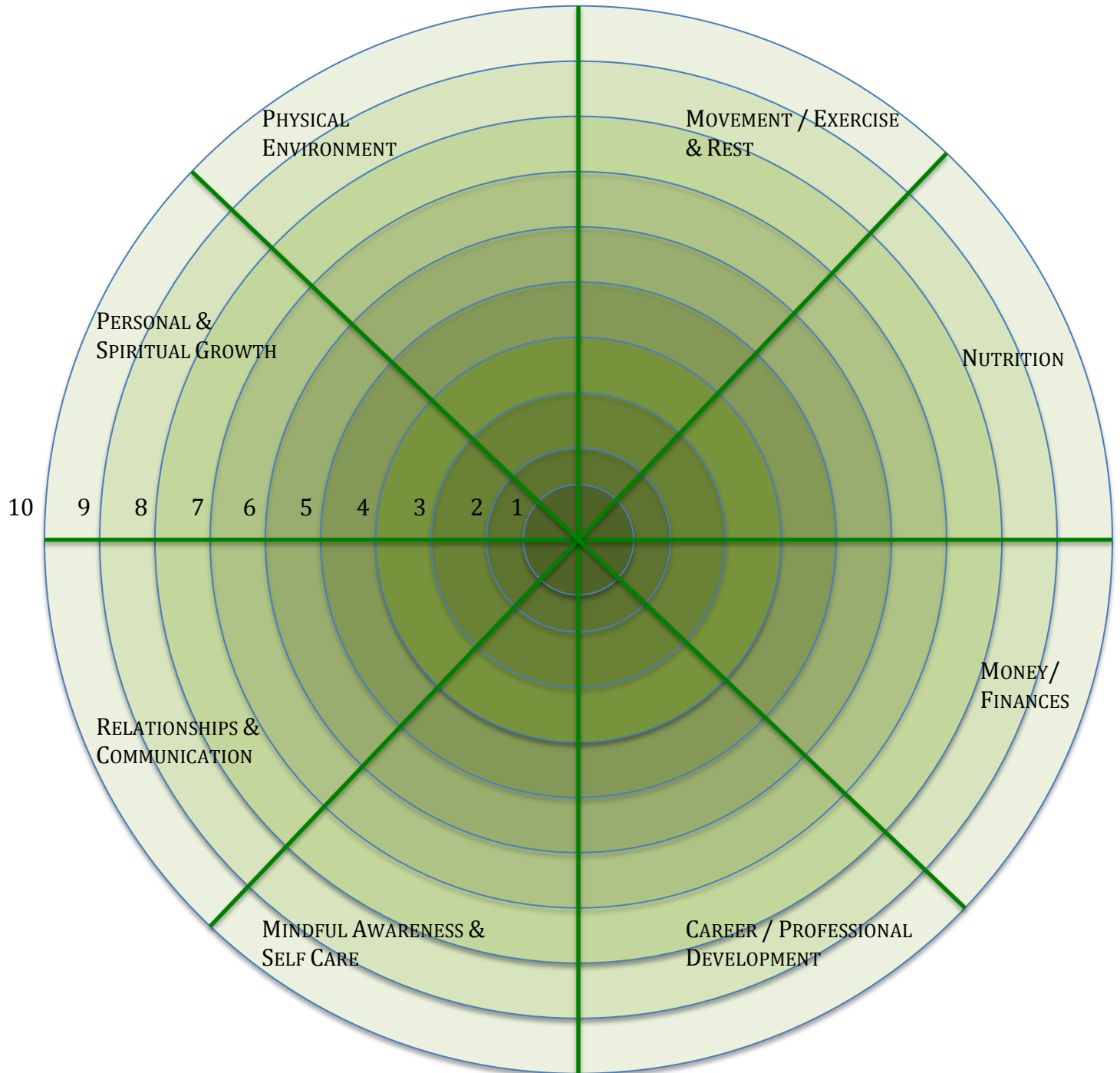


Wheel of Life



- ⇒ Consider these areas of your life. Rate and mark your level of satisfaction with each area (0-10). On a separate piece of paper write answers to the following questions:
- ⇒ What do you like most about each area?
- ⇒ What would you like to change?
- ⇒ Based on your values, what will bring your satisfaction level up to a 9 or 10?
- ⇒ From this information, determine specific goals and create written action steps to get there.