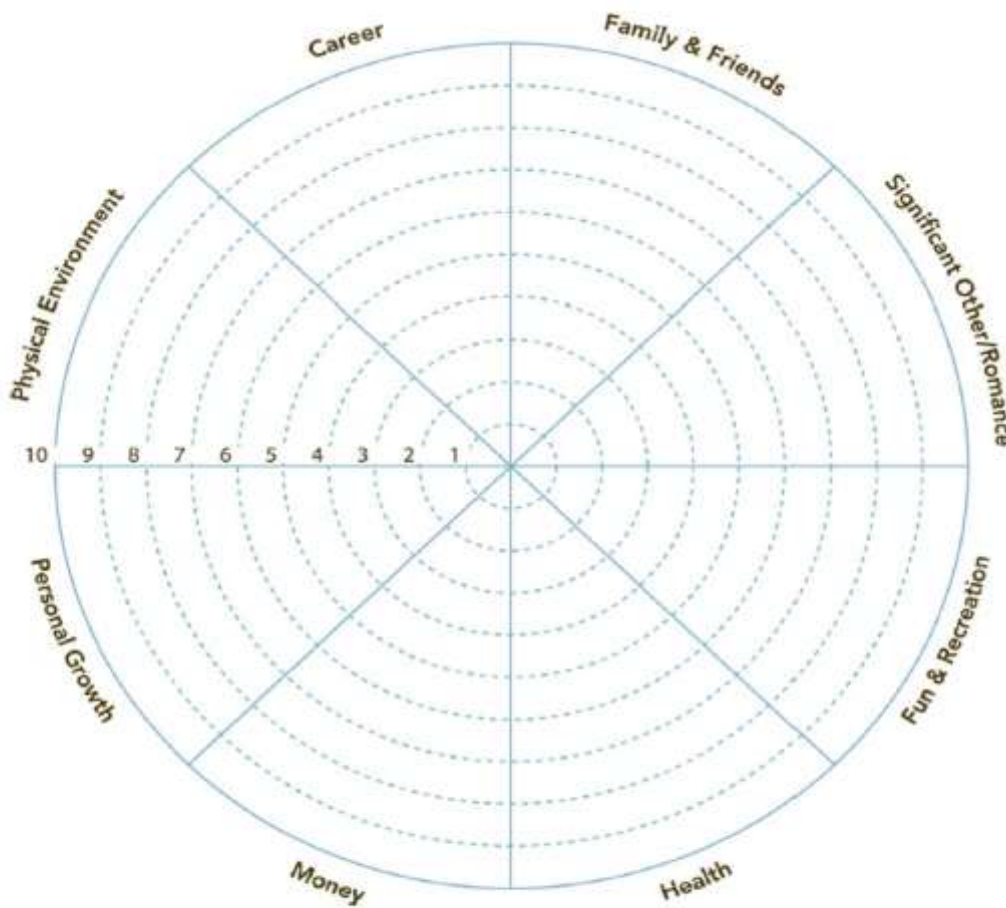


The Wheel of Life

The **Wheel of Life** helps you see how balanced your life feels across different areas.

Score each area (1–10): For each segment (Career, Health, Money, Relationships, etc.), mark how satisfied you feel right now (1 = very low, 10 = very high).

Join the dots: Connect your scores around the circle to form a “wheel.”



Reflection & Further Action

- Look at your Wheel of Life: is it smooth and balanced, or uneven and bumpy?
- Choose 1–2 low-scoring areas. Write down one small action you can take in the next 30 days to improve them.

Area	Current Situation	Action Step