

Balance Wheel of Life

Directions:

The eight sections in the Wheel of Life represent Balance. Seeing the center of the wheel as 0 (couldn't get worse) and the outer edges as 10 (couldn't get better), rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?

