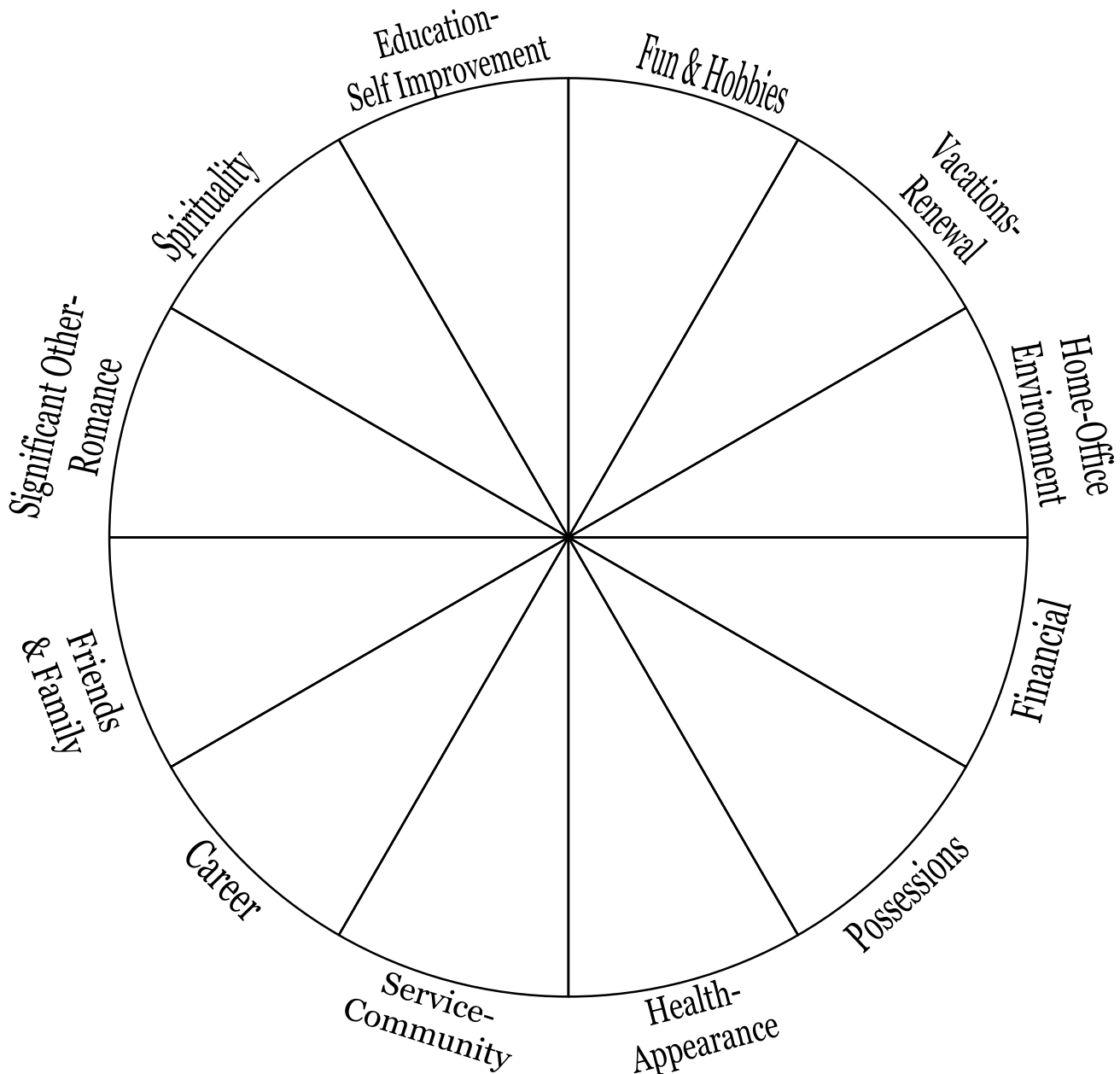




Lifestyle Management

The Wheel of Life

Directions: The 12 sections in the Wheel of Life represent balance. Using the center of the wheel as zero and the outer edge as ten, rank your level of satisfaction with each life area by drawing a dot on the line that represents that area and your satisfaction ranking. After all the dots have been placed, connect the dots and create the new circle. The new perimeter of the circle represents your Wheel of Life. How bumpy would the ride be if this were a real wheel?



"Every person loves their work. Every person loves their life."