

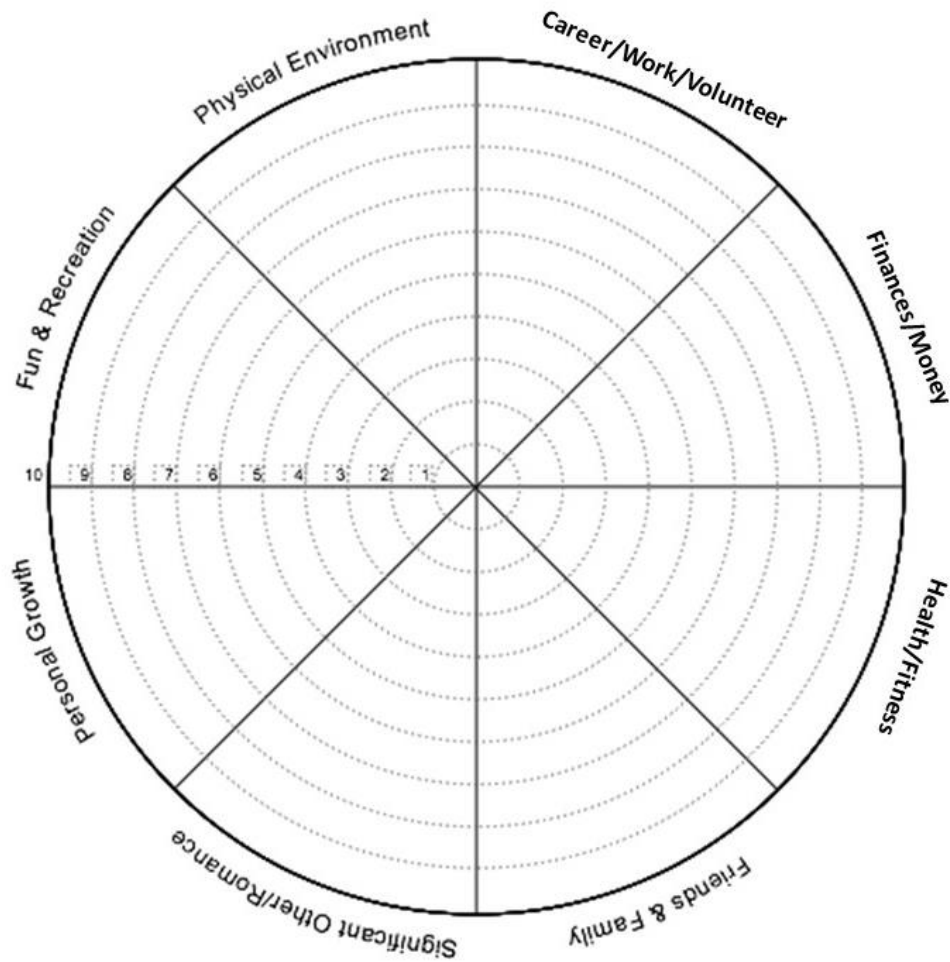


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Wheel of Life Assessment

Rate the eight life dimensions below on a scale of 1 to 10 where 1 is poor and 10 is excellent, as to your current level of happiness or satisfaction with that dimension of your life. Then record your responses in the Wheel of Life below.

	Current Rating	Desired Rating
Physical Environment		
Career/Work/Volunteer		
Finances/Money		
Health/Fitness		
Friends & Family		
Significant Other/Romance		
Personal Growth		
Fun & Recreation		



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