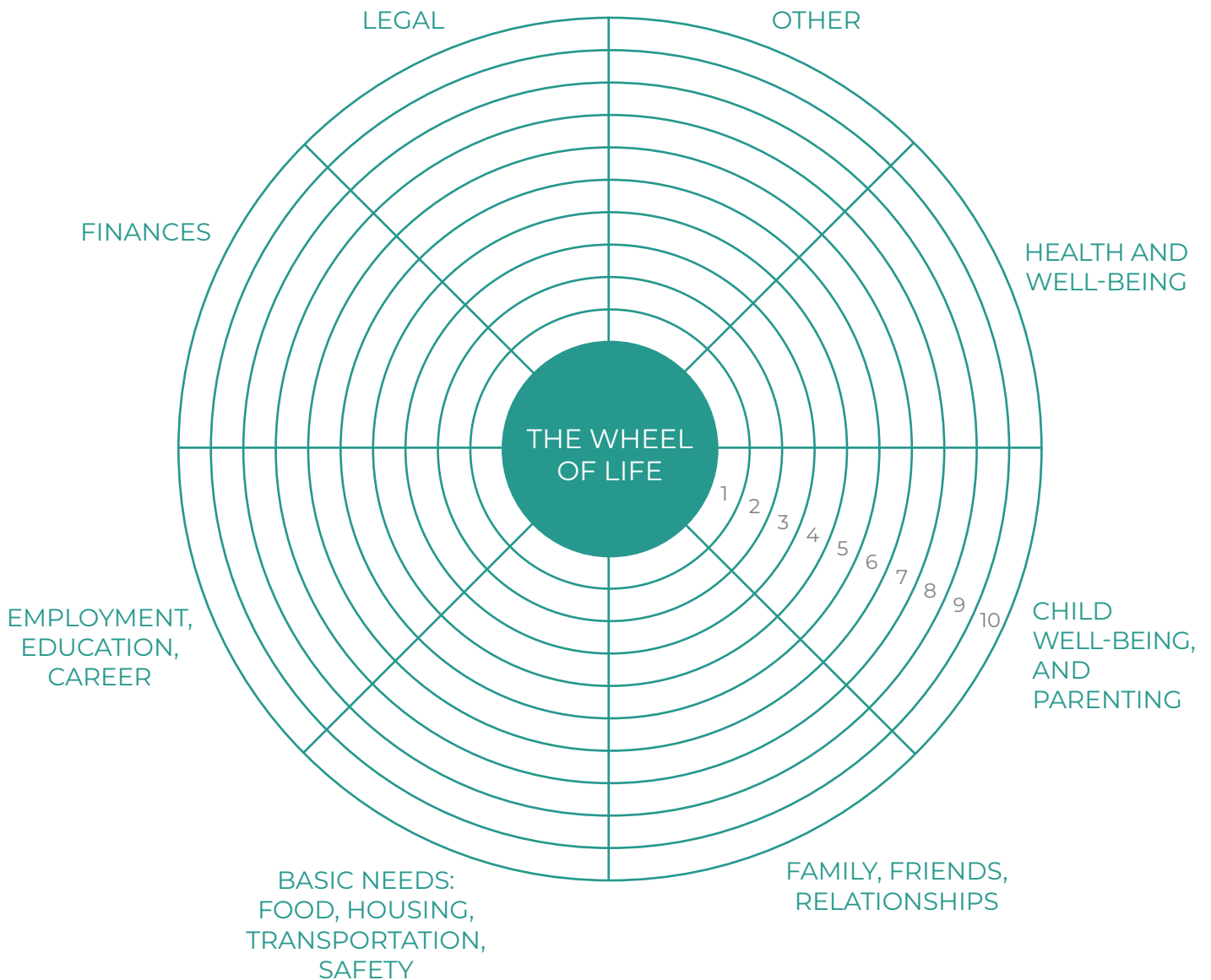


# THE WHEEL OF LIFE

The Wheel of Life is a way to look at different parts of life. We want to celebrate what is going well and see where we want to make changes. We'll come back to this image so we can see our progress along the way.

**Directions:**

1. Review the different parts of life on the wheel.
2. How satisfied are you with this part of your life? Give each part of the wheel a score from 1-10. 1 means very unsatisfied and 10 means very satisfied.
3. Shade in your wheel based on your scores.
4. Reflect on the Wheel of Life questions.



# THE WHEEL OF LIFE

Looking at your Wheel of Life, consider:

**What are your 3 highest scores?** .....

What is working well in this part of your life? .....

How long has it been this number? .....

What strengths do you and your family have in this area? .....

**What are the 2-3 parts of your Wheel of Life that you would like to improve?** .....

What number would you like to get to? .....

How will you know when you have reached your goal in this part of your wheel? .....

Take a moment to imagine your goal. What does it look like, feel like? What would be different? What would it feel like for your family? .....

What would a level 10 look like in this part of your wheel? .....

How can you apply your strengths to this area? .....

Who might be able to help? .....

**What are your Top 3 priority areas?** .....

What are some opportunities to start moving toward your goal in each area? .....