

# THE WHEEL of life

- 1) Consider each of the life categories below.
- 2) Rate your level of satisfaction in each (0-5).
- 3) What are you noticing from your ratings?

**BONUS:** Choose one area where you'd like to feel more satisfied in your life. Brainstorm what changes you could consider making in that area to improve your level of satisfaction.

**Choose one you plan to try and test it out.**

