

Wheel of Life

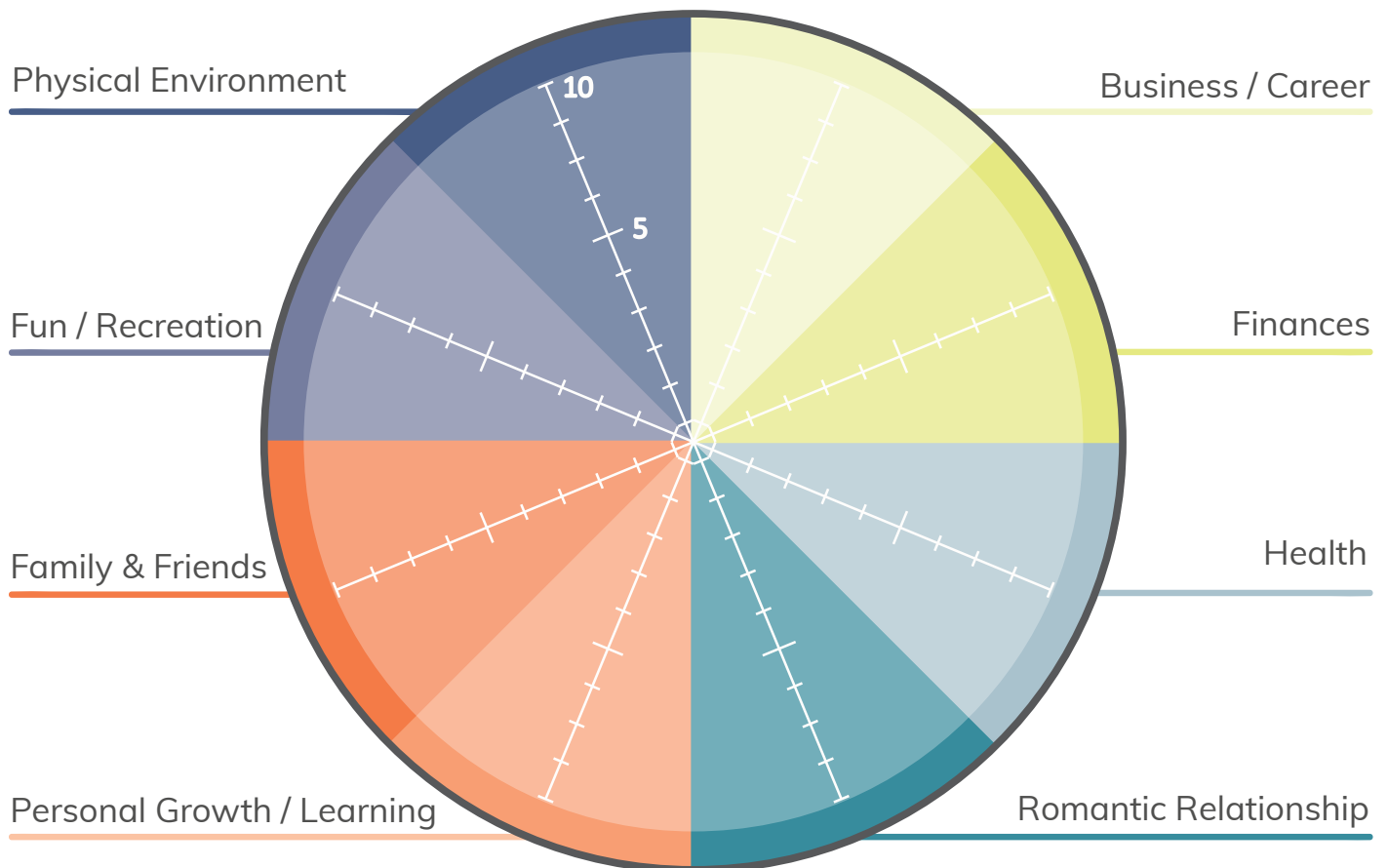
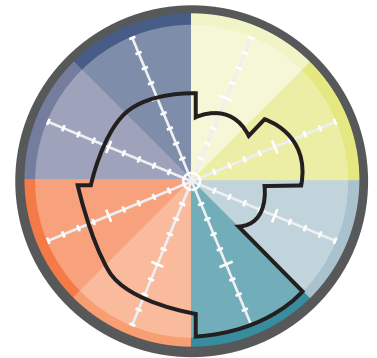
The wheel of life is a personal development tool used to identify which areas of your life need improvement.

Instructions:

For each category, rate your level of satisfaction on a scale from 1-10 (with 10 being the ideal) by drawing a line to create a new outer edge (see example). The new perimeter of the circle represents your wheel.

How bumpy would the ride be if this were a real wheel?
In what areas do you want to experience growth? Set some goals for these areas.

EXAMPLE



10 Daily Habits

DIRECTIONS: Write down your 10 daily habits in the space provided and checkmark each day that you complete the corresponding habit.

Habit	M	T	W	R	F	S	S
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							