**DIRECTIONS**

The 8 sections in the wheel of life represent balance:

* **Shade each of these areas on a scale of 1 to 10 , 10 being the outside of the wheel and total satisfaction and 0 being the inside of the wheel and total dissatisfaction.**
* **When you have done this look at the shape of your wheel and consider how smooth a ride it is giving ( NB. you can change the sections to titles of your choice if these don’t fit)**