

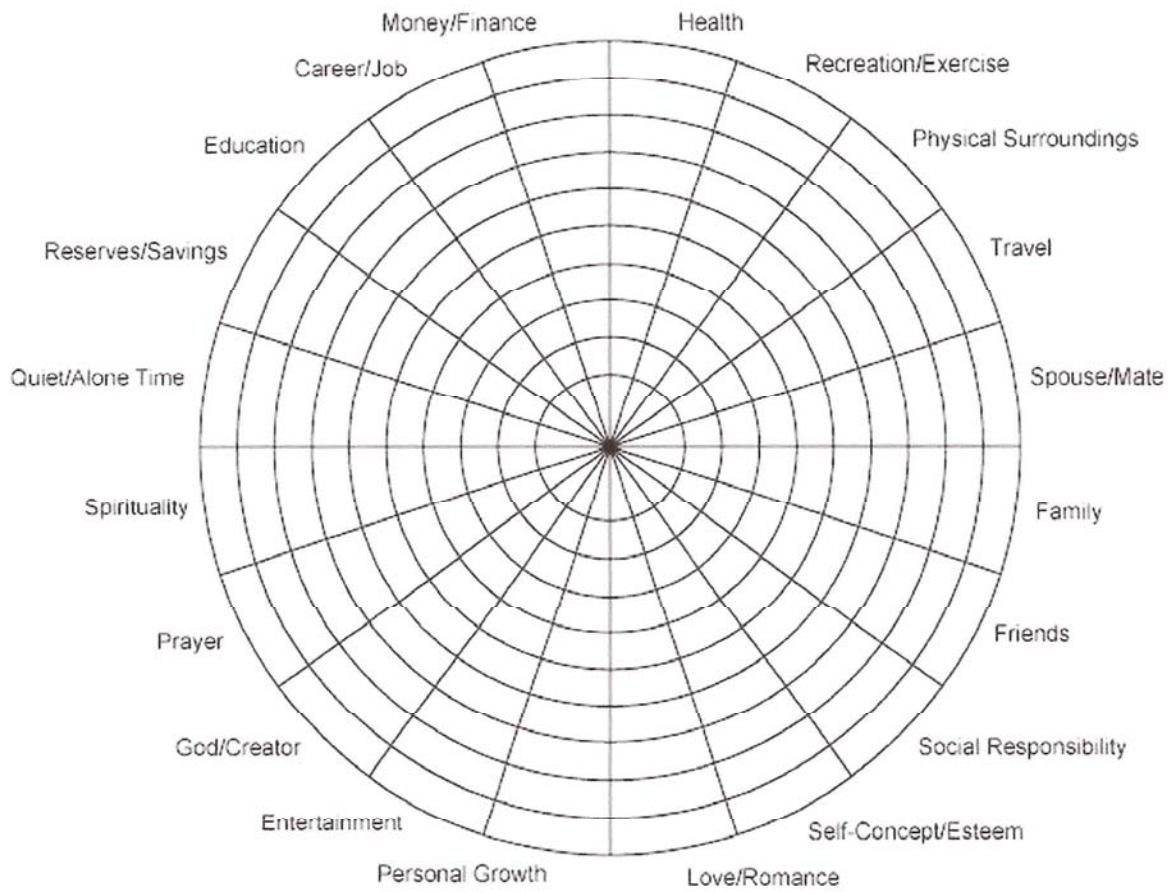
Wheel of Life

We are made of many different parts. There are physical, social, emotional, spiritual and economic areas of our life. The following 20 items are related to the different parts of your life. Think about how much you are satisfied or dissatisfied with each part of your life. Circle from 1 (Dissatisfied to 10 Satisfied).

Wheel of Life - Physical	Dissatisfied	Satisfied
1. Health. My health is good because I take care of myself.	1 2 3 4 5 6 7 8 9 10	
2. Recreation/Exercise. I take time to exercise and take part in recreational activities regularly.	1 2 3 4 5 6 7 8 9 10	
3. Physical Surroundings. I enjoy the surroundings in which I live.	1 2 3 4 5 6 7 8 9 10	
4. Travel. I take time to travel and explore the world I live in.	1 2 3 4 5 6 7 8 9 10	
Wheel of Life - Social	Dissatisfied	Satisfied
5. Spouse/Mate. My spouse/mate provides added fulfillment to my life.	1 2 3 4 5 6 7 8 9 10	
6. Family. My family is a source of support and strength to me.	1 2 3 4 5 6 7 8 9 10	
7. Friends. My friends are a source of support and strength for me.	1 2 3 4 5 6 7 8 9 10	
8. Social Responsibility. I feel it is important to be of service to others and give back to others for what I have received.	1 2 3 4 5 6 7 8 9 10	
Wheel of Life - Emotional	Dissatisfied	Satisfied
9. Self-Concept/Esteem. I have a good sense about whom and what I am, and I feel good about whom I am.	1 2 3 4 5 6 7 8 9 10	
10. Love and Romance. I am satisfied with the love and romance in my life.	1 2 3 4 5 6 7 8 9 10	
11. Personal Growth. I take time and do things that help me to grow and become what I want to become.	1 2 3 4 5 6 7 8 9 10	
12. Entertainment. I take time to have fun and do things that I enjoy.	1 2 3 4 5 6 7 8 9 10	

Wheel of Life - Spiritual	Dissatisfied	Satisfied
13. God/Creator. I have an active relationship with my God and Creator.	1 2 3 4 5 6 7 8 9 10	
14. Prayer. I pray often as a part of the dialogue I have with my God and Creator.	1 2 3 4 5 6 7 8 9 10	
15. Spirituality. I feel good about the spiritual part of me and I find ways to experience my spirituality.	1 2 3 4 5 6 7 8 9 10	
16. Quiet/Alone Time. I take time often to be alone and quiet without and noise of distractions.	1 2 3 4 5 6 7 8 9 10	
Wheel of Life - Economic	Dissatisfied	Satisfied
17. Reserves/Savings. I have savings and resources that will support me in times of emergency.	1 2 3 4 5 6 7 8 9 10	
18. Education. My education and experiences prepare me for accomplishing my goals.	1 2 3 4 5 6 7 8 9 10	
19. Career/Job. I am satisfied with the work I do and the future it provides me.	1 2 3 4 5 6 7 8 9 10	
20. Money/Finance. I have enough money and financial resources to support a standard of living that I am satisfied with.	1 2 3 4 5 6 7 8 9 10	

For each area of your life, color in the part of the wheel related to each item as to how dissatisfied or satisfied you rated the above questions. The center is Zero (0 - Dissatisfied), the outer circle is Ten (10 - Satisfied)



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