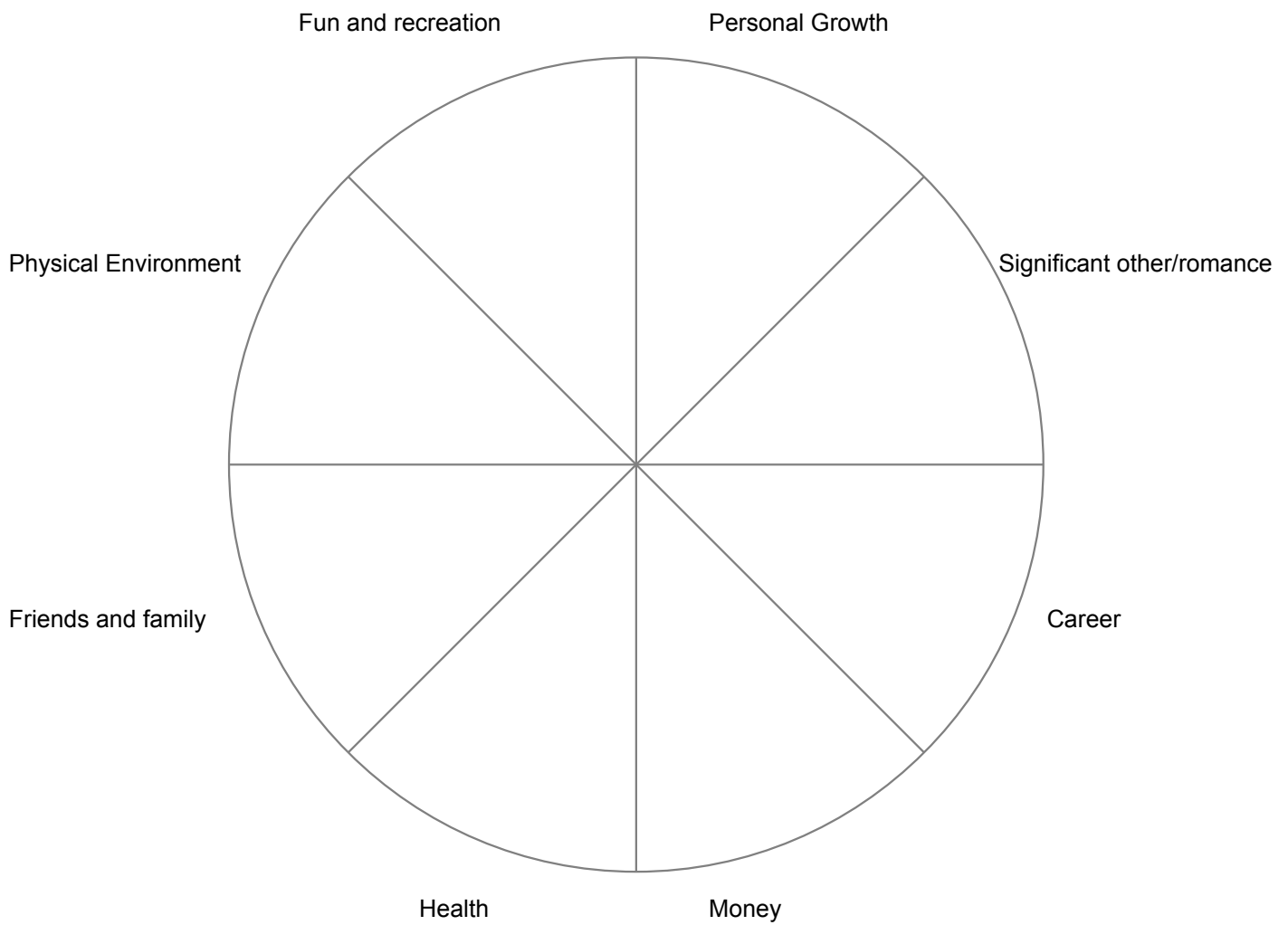




## Wheel of Life Exercise

The eight sections in the Wheel of Life represent balance. Regard the centre as 0 (i.e. low satisfaction with this aspect of your life and the outer edge as 10 (high satisfaction). Rank your level of satisfaction with each life area by drawing a line in each section.



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