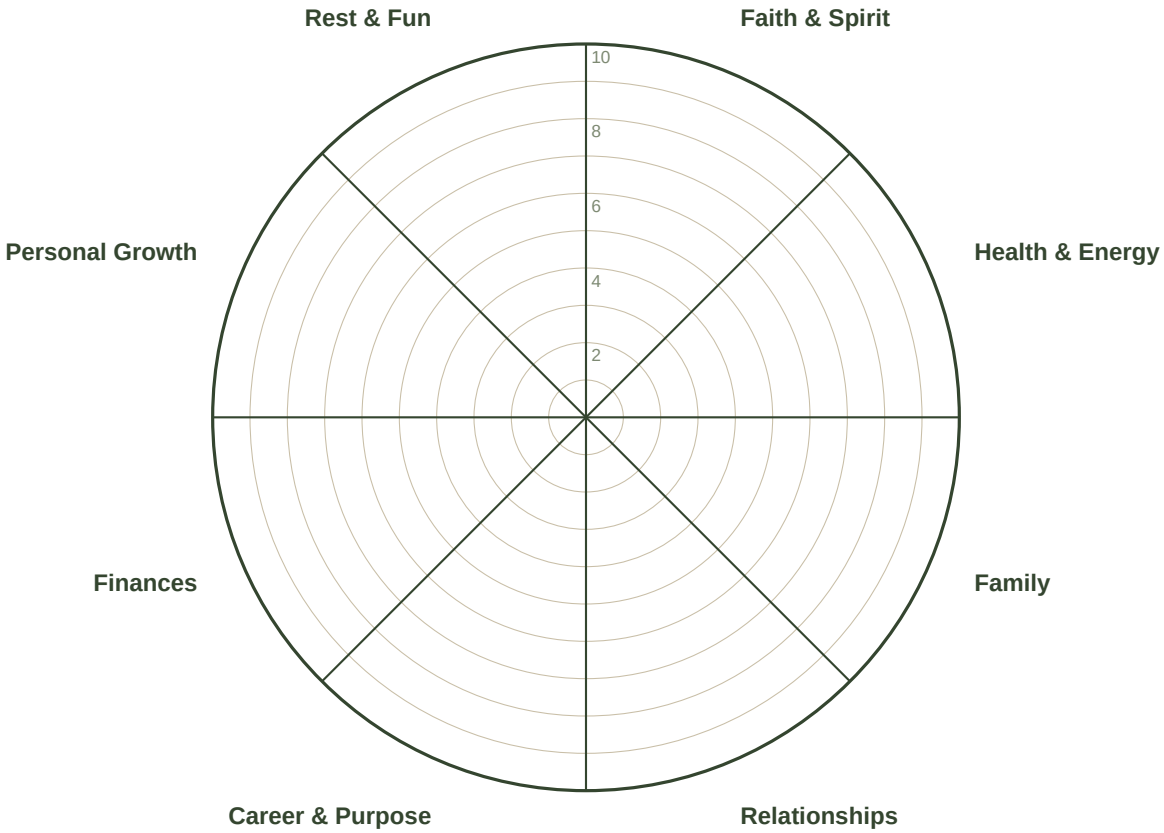
Wheel of Life

Rate your satisfaction in each area from 1 (low) to 10 (high). Mark each spoke and connect or color the segments.



My scores (1–10)

Faith & Spirit		Health & Energy		Family		Relationships	
Career & Purpose		Finances		Personal Growth		Rest & Fun	

What stands out?

One small step this week