

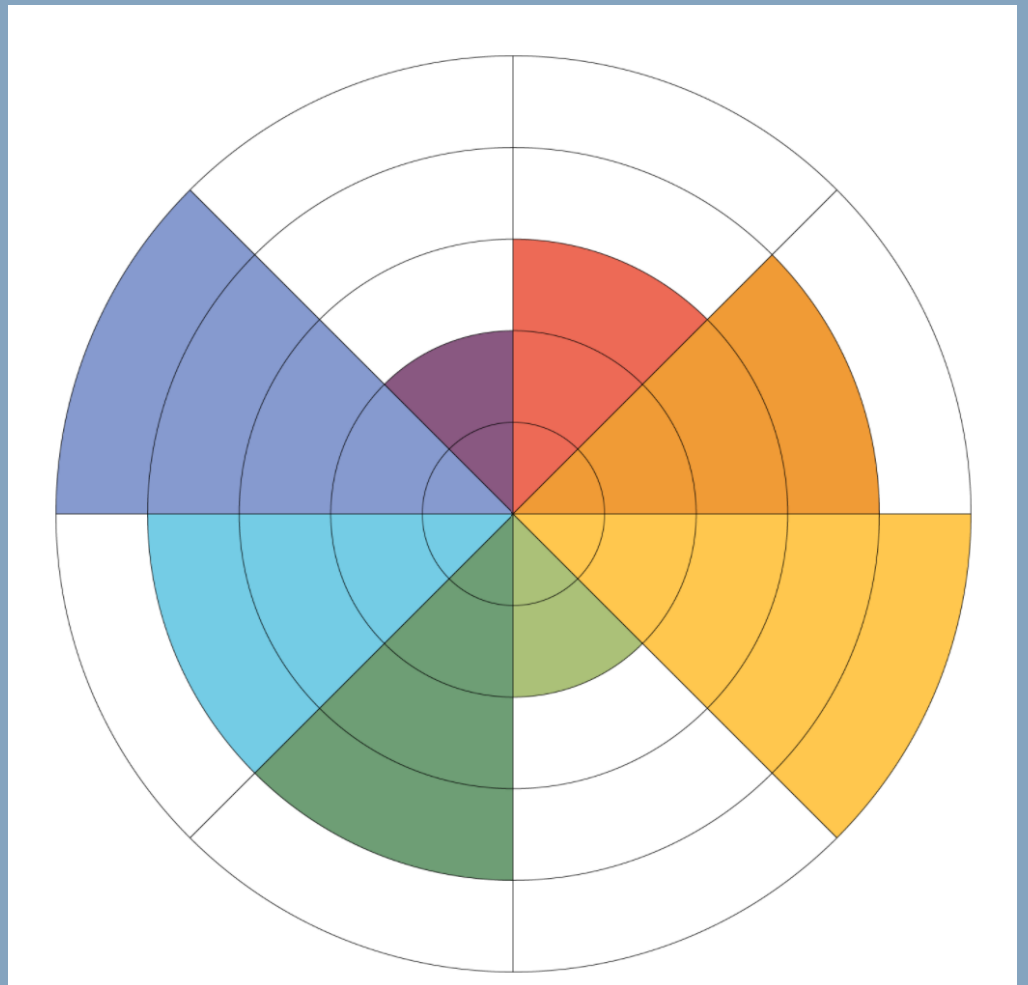
# Wheel of Life

One of the best personal growth and development tools for just about anybody is the Wheel of Life. It is an extremely simple tool, but it can provide a lot of insight into how you are living and how that differs from the way that you want to live.

To fill out a wheel of life:

1. Rate each area on a scale of 1-10. This is an assessment of where you are in this moment.
2. Fill in the wheel of life diagram. The wheel of life has rings that grow from small in the center to large at the outside. 1 would be the very center of the circle and 10 would be the very edge.
3. This will show where you are strong and where you need to improve.
4. Set initial goals.
5. Reassess as needed.

## Example



# My Wheel of Life

