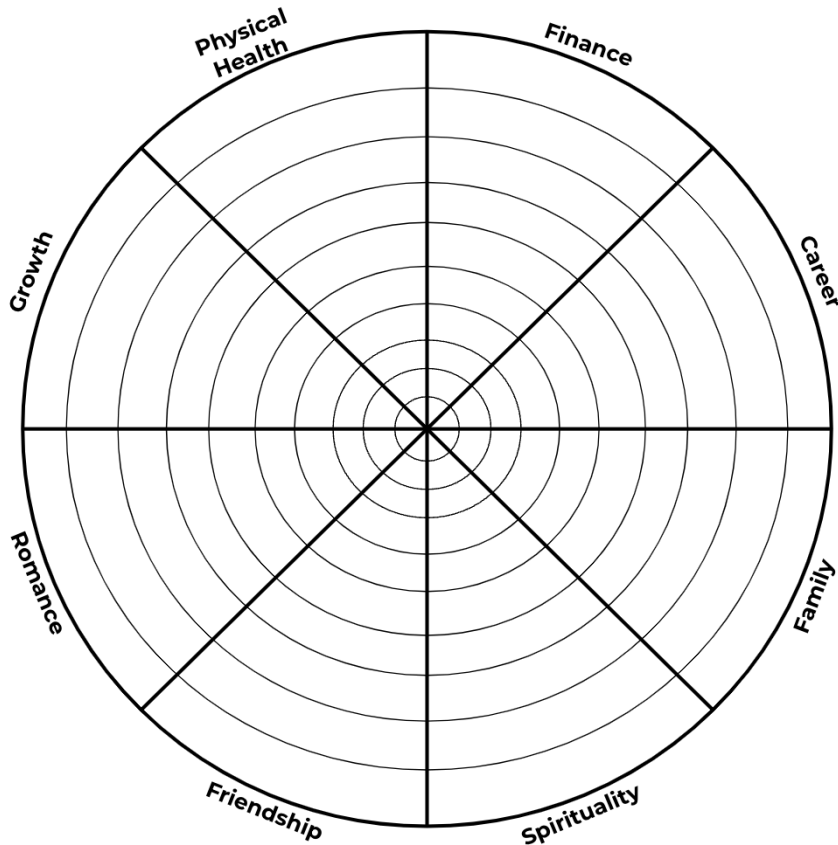
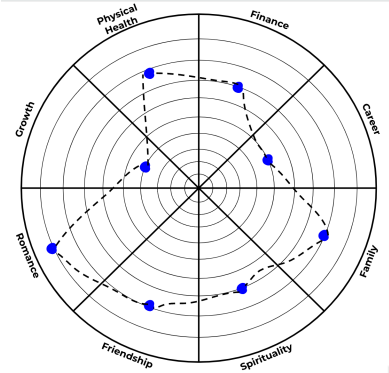


## Life Assessment Worksheet

Think deeply about how fulfilled you feel in each aspect of your life. Give yourself a rating between 1 (unsatisfied) and 10 (completely satisfied) and draw or fill in the circle for that rating. When you have completed the circle, it should look something like the figure to the right.



**How do you feel about your life as you look at your wheel?**

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**Where are you most satisfied?  
Dissatisfied?**

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**Where would you like to be spending more of your time and energy?**

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**What would it take to move your lowest score to a 10? What about your highest score?**

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