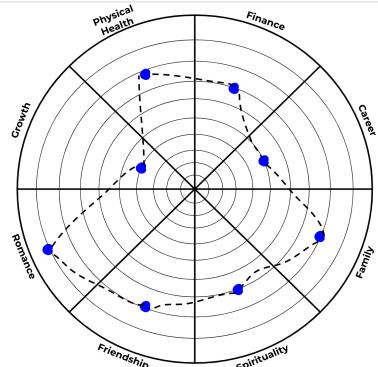
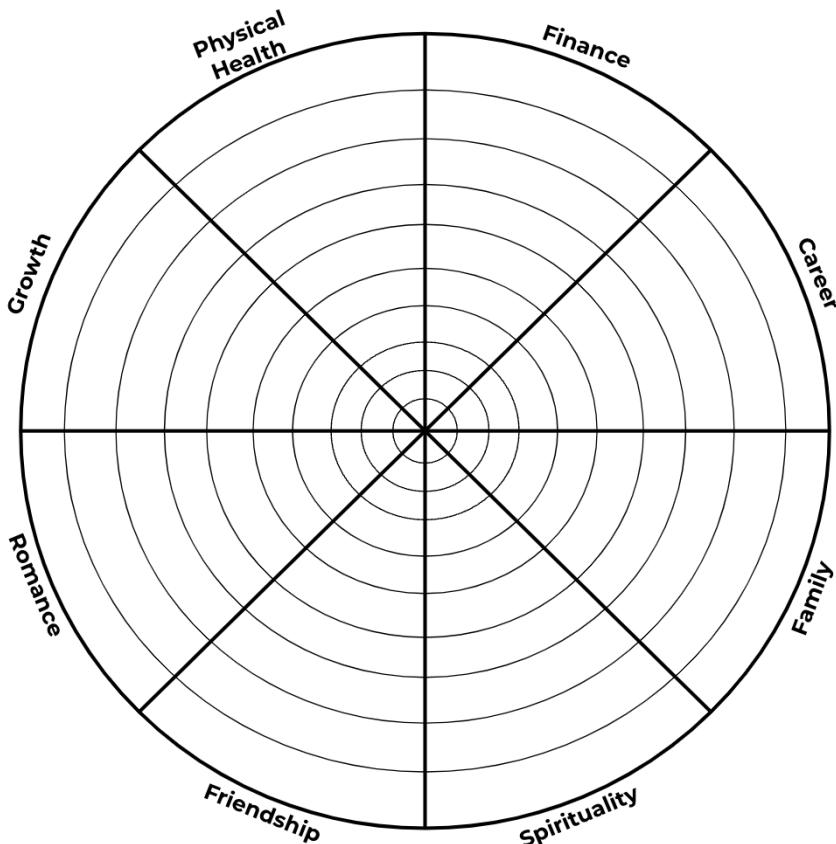


Life Assessment Worksheet

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?

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

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

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