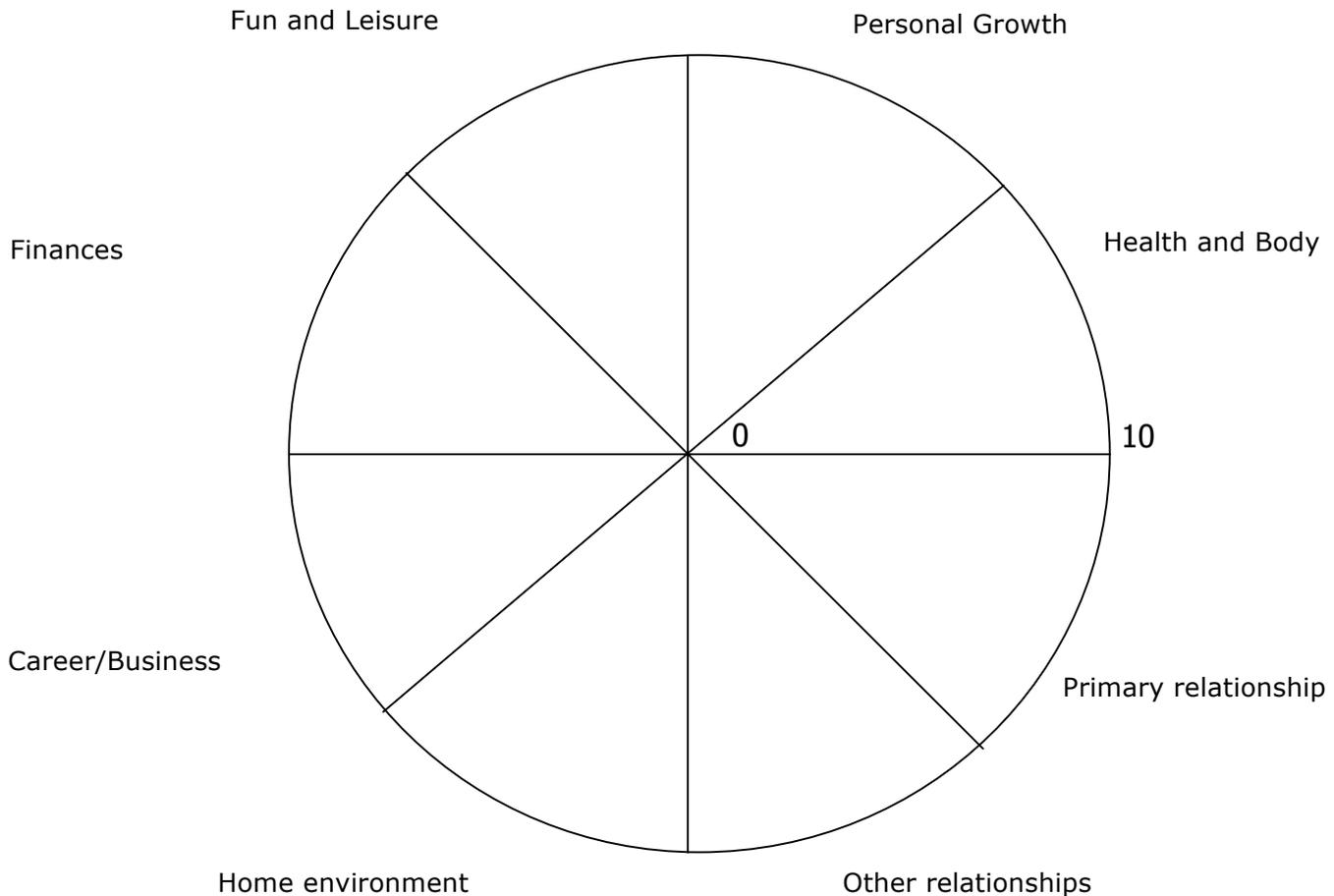
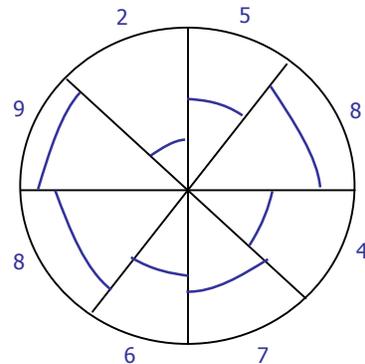


Wheel of life



EXAMPLE



WHEEL OF LIFE INSTRUCTIONS

- Taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- 1 = VERY UNSATISFIED
- 10 – VERY SATISFIED
- The new perimeter of the circle represents **your** 'Wheel of Life '. Is it a bumpy ride?
- Select one of the categories you would like to start working on. What's your plan?
- Need help? Contact Nicole 0211037514 or email at nicole@tikumu.co.nz