

Contact [chriscav@shaw.ca](mailto:chriscav@shaw.ca) for a 20-minute info session on your Wheel of Life.

## *Wheel of Life*

### Directions:

See the center of the wheel as 0 and the outer edges as 10. Fill in each section to the degree you are satisfied with 0 being not at all fulfilled to 10 being completely fulfilled. Then answer the following questions:

1. What area on the wheel are you most wanting and willing to make a difference?
2. What is the current state of this area in your life?
3. What is missing or not working for you in this area?
4. What would you like to create in this area?

