

ASSESSMENT WHEEL

Use *Wheel of Life* Exercise to gain clarity of what is working in your life and what areas need focus and improvement. Print this page and indicate in the circle below how fulfilled you are in each of the outlined areas. Rate each on a scale of 1 – 10 (1 being unsatisfied and 10 being totally satisfied). Feel free to change the headings to suit your values. Instead of Personal Development, you might prefer Spirituality, etc.

