

INVENTORY - WHEEL OF LIFE

Seeing the center of the wheel as 0 and the outer edge as 10, **rank your level of satisfaction with each life area** where 0 is highly dissatisfied and 10 is highly satisfied by shading the circle.

The new perimeter of the circle represents your current Wheel of Life.

- What areas need more attention to bring your wheel into balance?
- Which areas have been negatively impacted or stuck because of your negative core beliefs?

