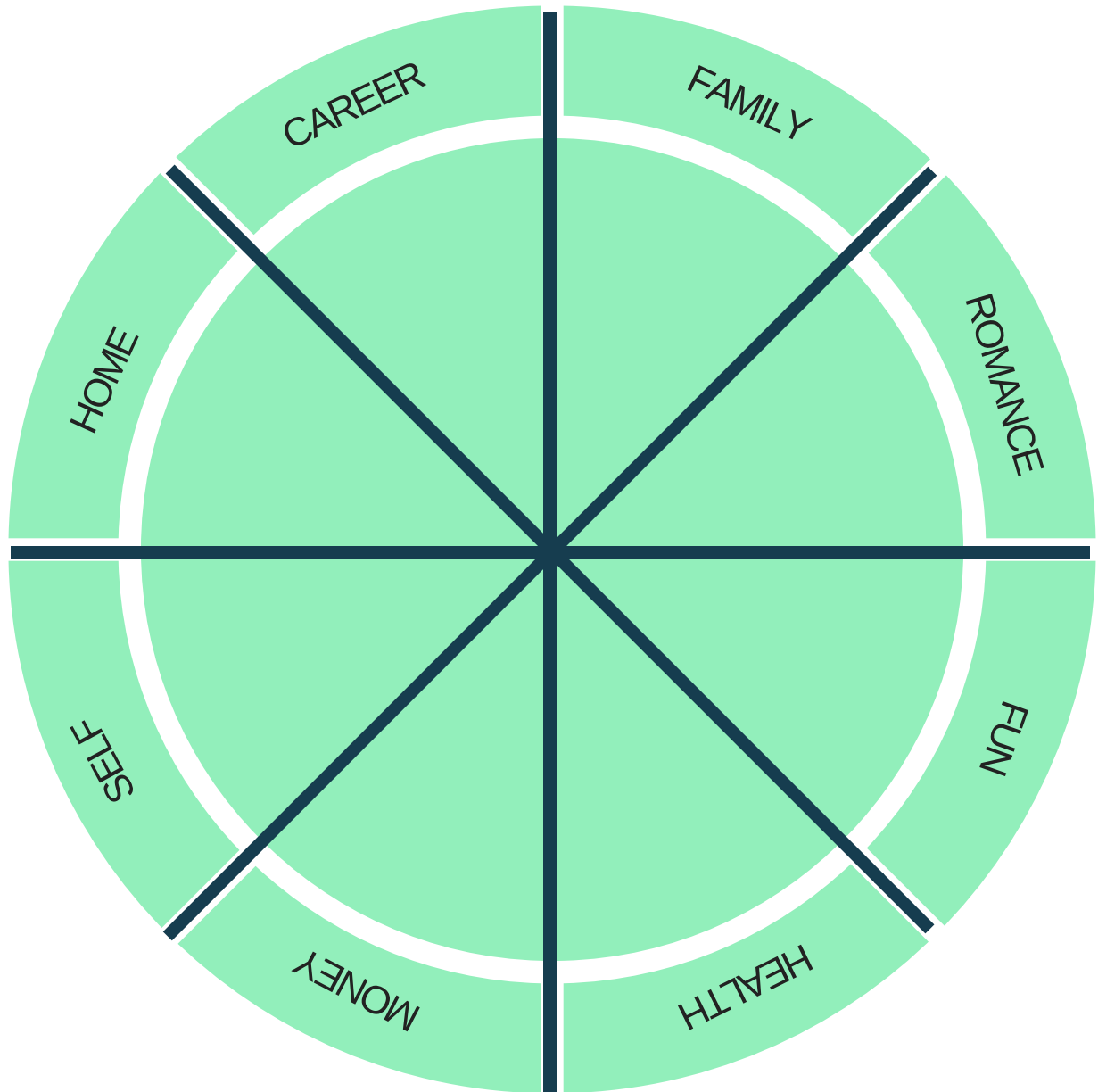


# Wheel of Life



## Instructions

Fill out each separate area with a dot for where you would be on a scale of 1 (closest to the center - worst) and 10 (closest to the outer words - best) in terms of your satisfaction with that area. For example, if you had ranked something a 5, it would be close to the middle of that pie piece. Once you have your rankings completed, connect the dots. Mark what is true for you, not what you think it should be. This is just a way to gauge how you are doing on your overall journey to self-care.



LOVE SELF CARE