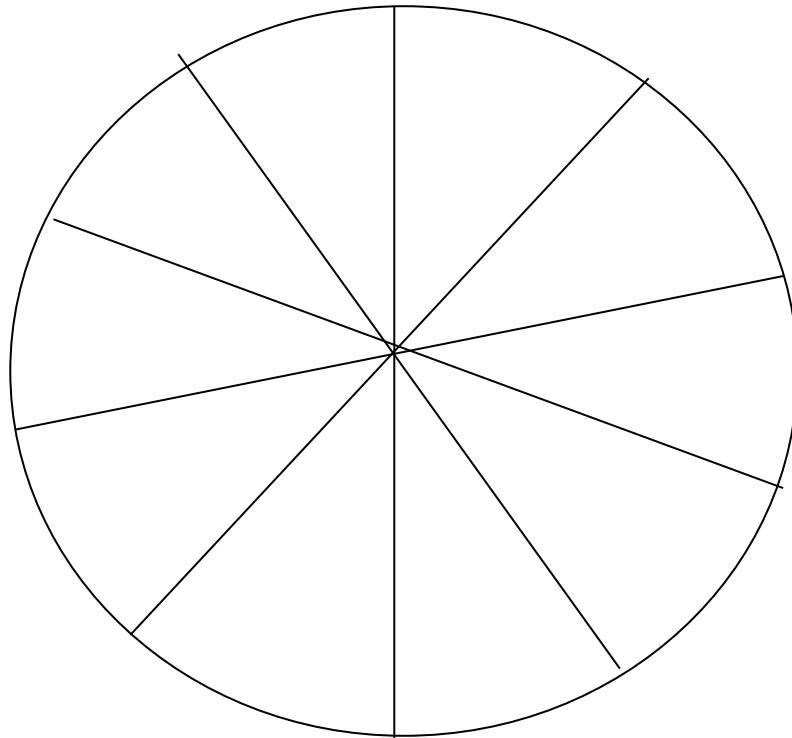


Inventory - Wheel of Life

Directions: Make two copies of the Wheel of Life below. On the first copy label each of the ten sections of the wheel with one of the following categories: **Career, Money, Service, Spirituality, Health, Friends & Family, Significant other/Romance, Personal Growth, Fun & Recreation and Physical Environment.**

Seeing the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter of the circle represents your current Wheel of Life. What areas need more attention to bring your wheel into balance?



Use the second copy of the above wheel to focus on health and wellness exclusively. Rank the following 10 categories (or create relevant wellness categories for yourself): **Sleep, Activity/Movement, Immune System, Nutrition/Diet, Strength, Flexibility, Endurance, Relaxation/Stress Reduction, Intimacy/Support, and Environment.**