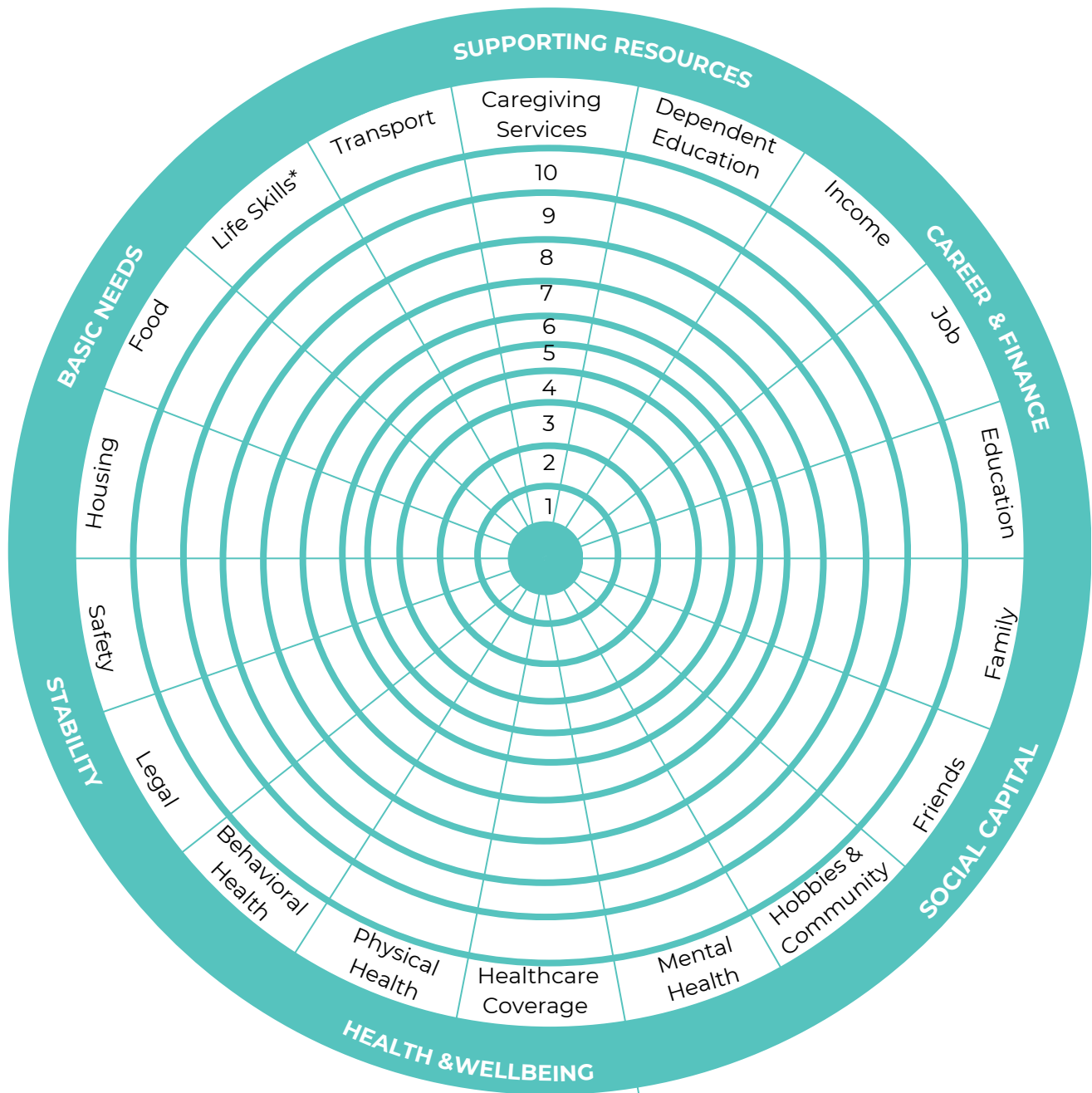


THE WHEEL OF LIFE

The Wheel of Life is a way to look at different parts of life. We want to celebrate what is going well and see where we want to make changes. We'll come back to this image so we can see our progress along the way.

Directions:

1. Review the different parts of life on the wheel.
2. How satisfied are you with this part of your life? Give each part of the wheel a score from 1-10. 1 means very unsatisfied and 10 means very satisfied.
3. Shade in your wheel based on your scores.
4. Reflect on the Wheel of Life questions.



*Life skills are the basic things people need to know for daily living, like cooking, cleaning, driving, and taking care of themselves.

