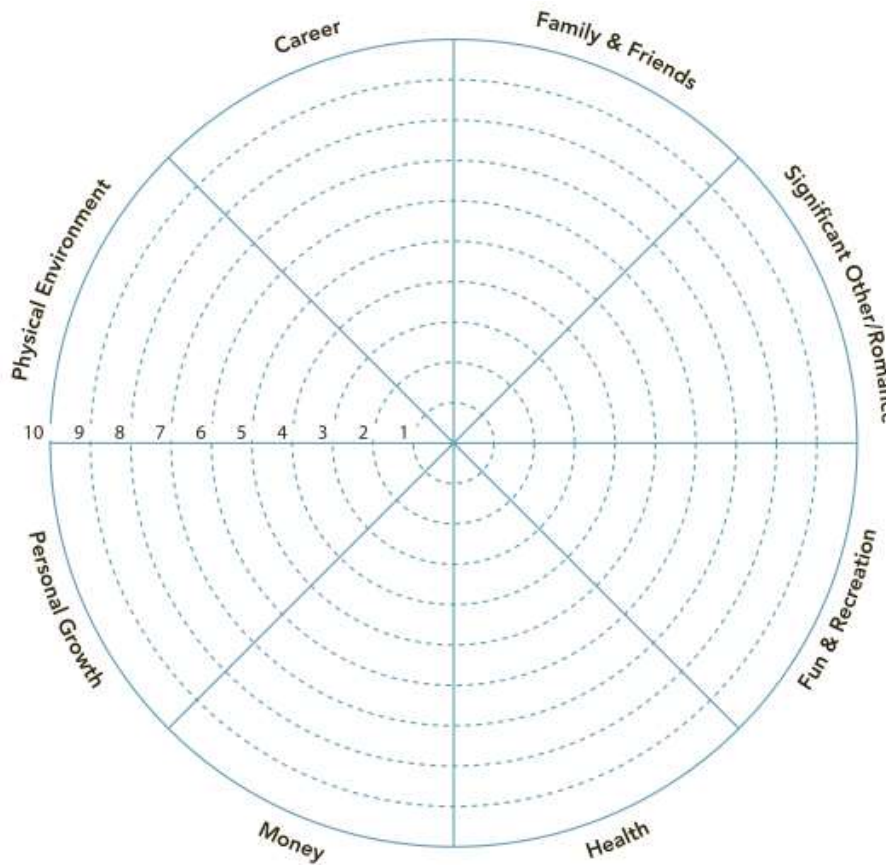


# Wheel of Life

The Wheel of Life allows us to get a snapshot of how satisfied you are in your life. On the following wheel there are eight pre-defined domains:



Rate your level of satisfaction in each of the domains using the guidelines within the wheel. A score of 1 indicates that you are not satisfied and 10 means you are highly satisfied.

After you have rated each domain, connect the lines to form an inner wheel. This will give us an overview of the level of satisfaction within your life.

What ways would you like to change the shape of the inner wheel? Which domains draw your attention and why? Are there any domains that you would like to add or remove?