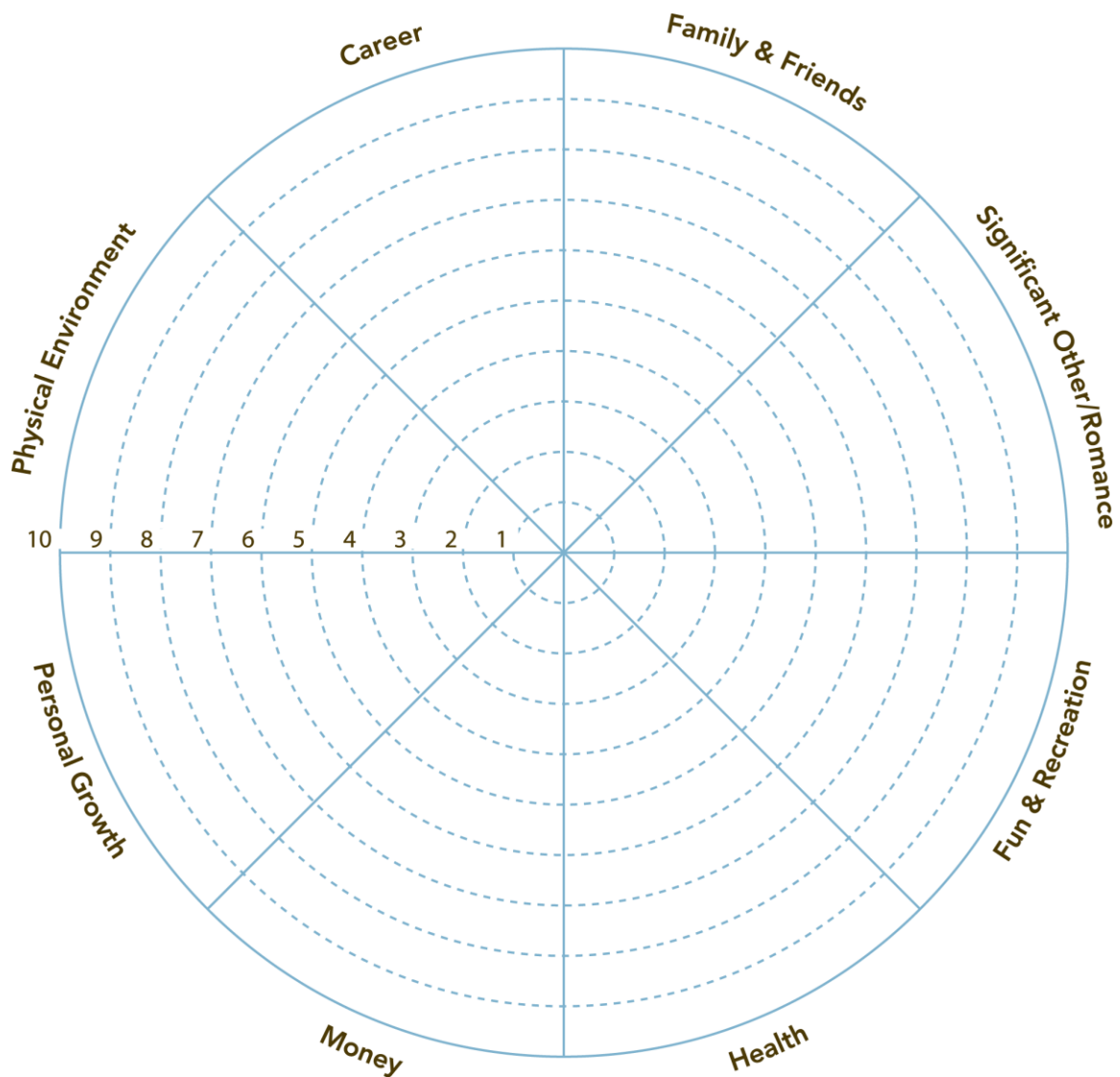




The Wheel of Life (Form)

Directions: The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges 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 represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?



COMMITMENTS

Commitments are ongoing life shifts and are different from goals. With a goal, there is a specific point in time where you have either accomplished it or not, and it's measurable.

For example: you have either increased your income by 30% by September of 2017 or you have not. *A commitment is not measurable.* It has to do with a "state or kind of being" you want to create in your life. For example: I am committed to having joy and self-expression in my work.

Using the Wheel of Life as a guide, look to see what you are committed to creating in the following areas of your life.

My Commitments:

- Career
- Money
- Health

COMMITMENTS

- Friends & Family
- Significant Other
- Personal Growth
- Fun & Recreation
- Physical Environment