

ALIGNED

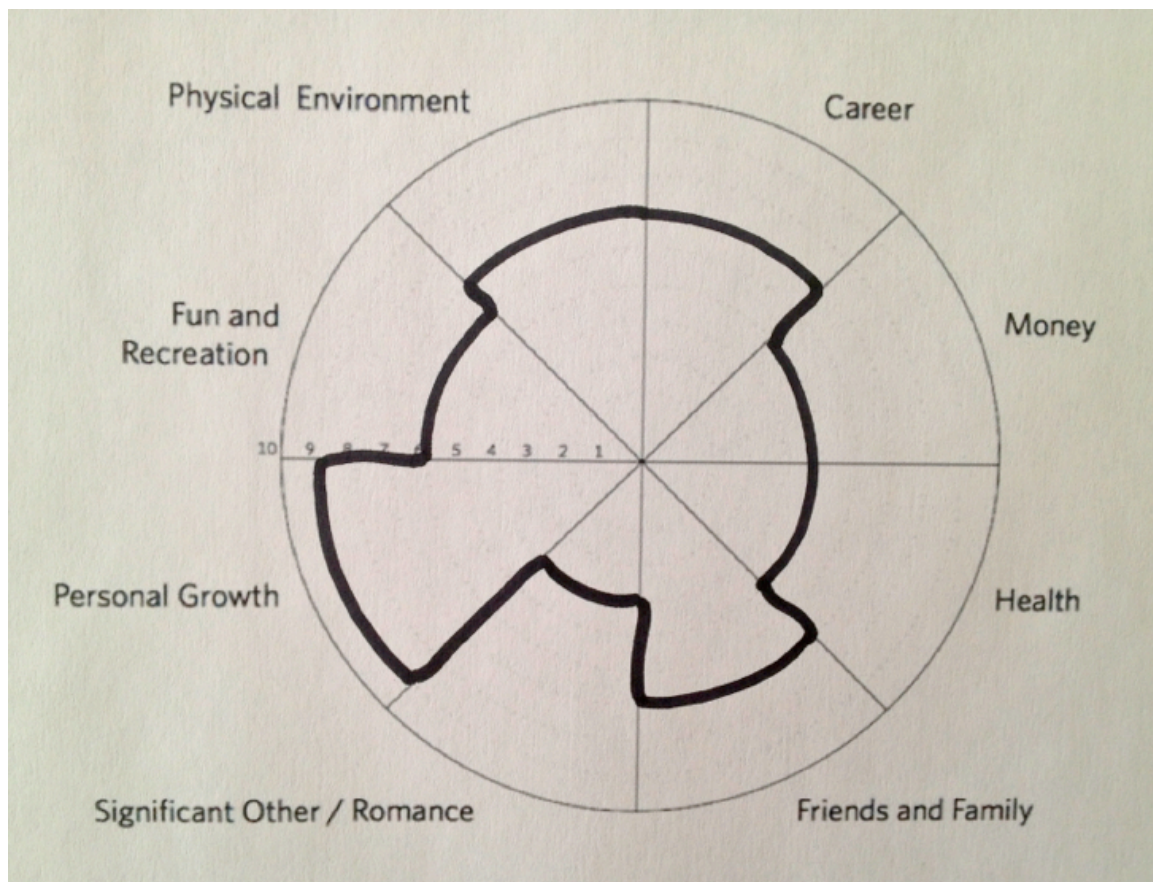
Transformational Program With Rony Reingold

Wheel of Life Exercise

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 curved line at the appropriate number to create a new outer edge. The new perimeter represents your wheel of life. If this were a real wheel, how bumpy or smooth would the ride be?

Example Wheel



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Your Turn

