

# Wheel of Life

# The Happy Cactus

Date: \_\_\_\_\_



## COMPLETE THE WHEEL

1. Review the 8 wheel categories - think briefly what a satisfying life might look like for you in each area.
2. Next, draw a line across each segment that represents your satisfaction score for each area.
  - Imagine the center of the wheel is 0 and the outer edge is 10
  - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
  - Now draw a line and write the score alongside (see example above)

**IMPORTANT:** Use the **FIRST** number (score) that pops into your head, not the number you think it should be!