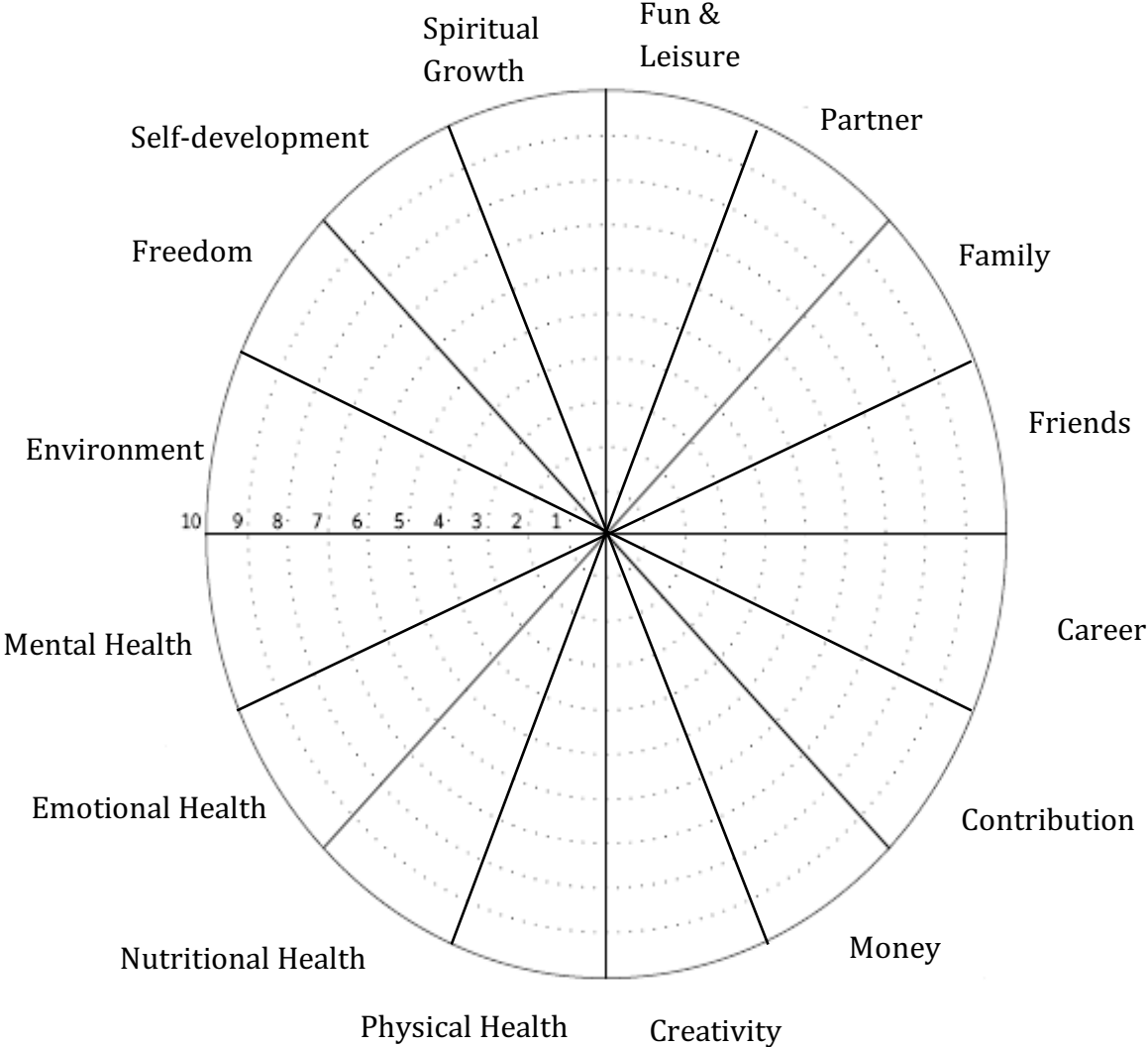


Soul Wheel of Life



From 1(not at all satisfied) -10 (super satisfied!), how satisfied are you in each of these areas of your life? Join the lines together to get an overview of your 'soul wheel of life'. How bumpy or smooth is your ride right now?

Jot down any relevant details you used to define your area.

Fun & Leisure
Partner
Family
Friends
Career
Contribution
Money

Creativity

Physical Health

Nutritional Health

Emotional Health

Mental Health

Environment

Freedom (to be true to yourself)

Self-development

Spiritual Growth