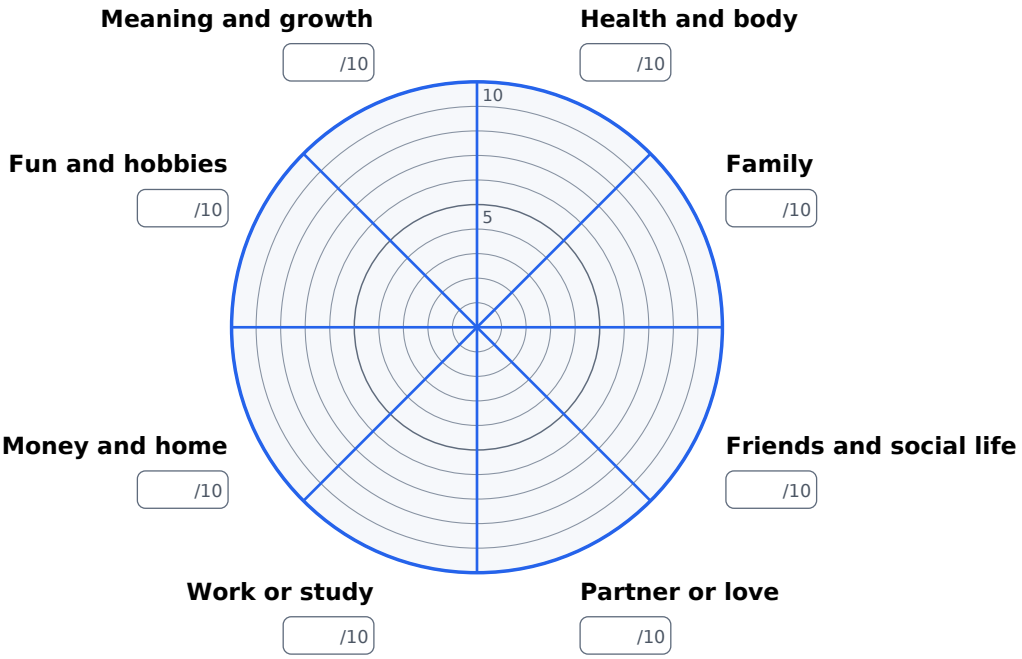
Life check: how am I doing in each area?

Rate how satisfied you are with each area of your life.

Name _____ Date _____

Rate how satisfied you are with each area, from 0 (not at all) to 10 (completely). Write the number in the box, and shade the segment out to that ring if you like.



What stands out when I look at the whole wheel?

The area I most want to give attention to

What would move it up by one point?

A first step this week

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