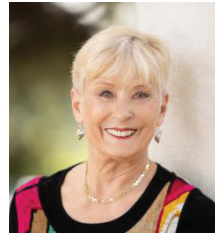




My Life Priority Wheel

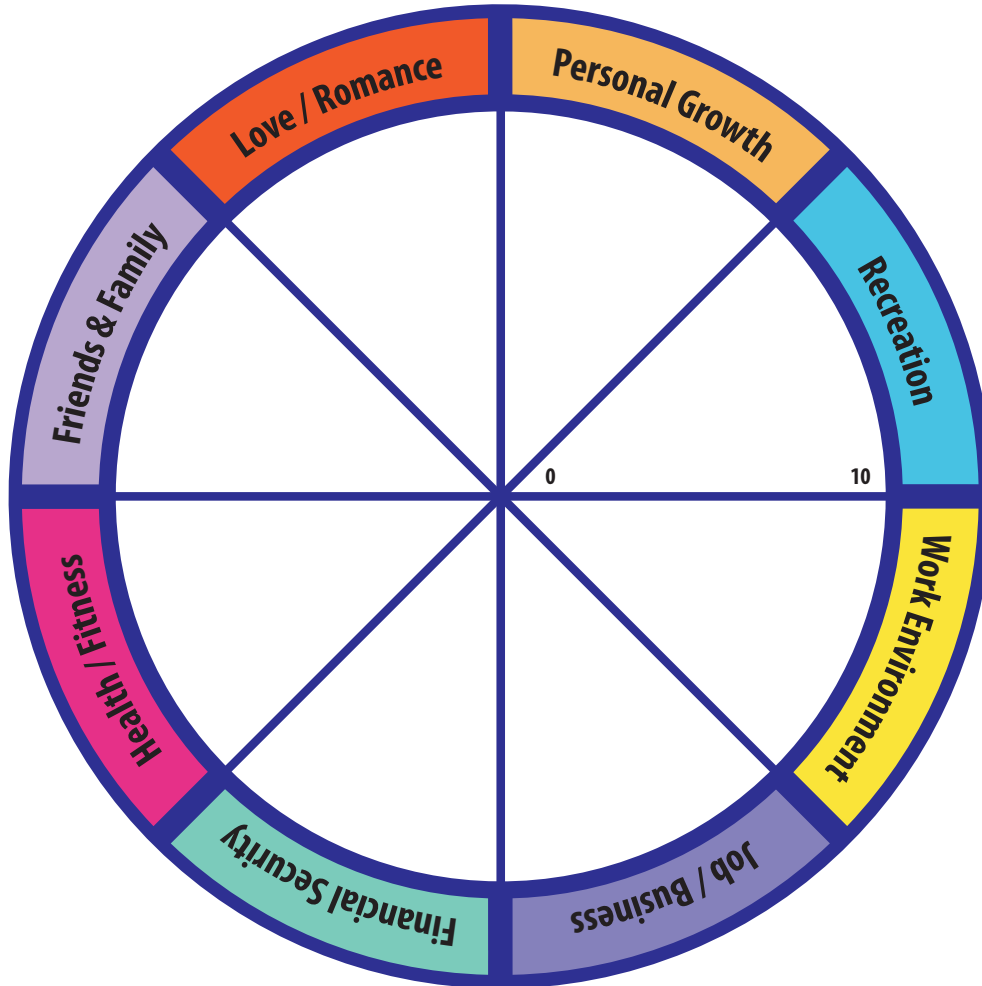


Jan Cerasaro
Stress Reduction Coach

Name: _____

Today's Date: _____

My Desired Future



Notes & Observations

HOW TO COMPLETE THE WHEEL:

- Review the 8 Wheel Categories** - think briefly what a satisfying life might look like for you in each area.
- Next, draw a line across each segment that represents the score you are striving to achieve.**
 - 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 on right)

