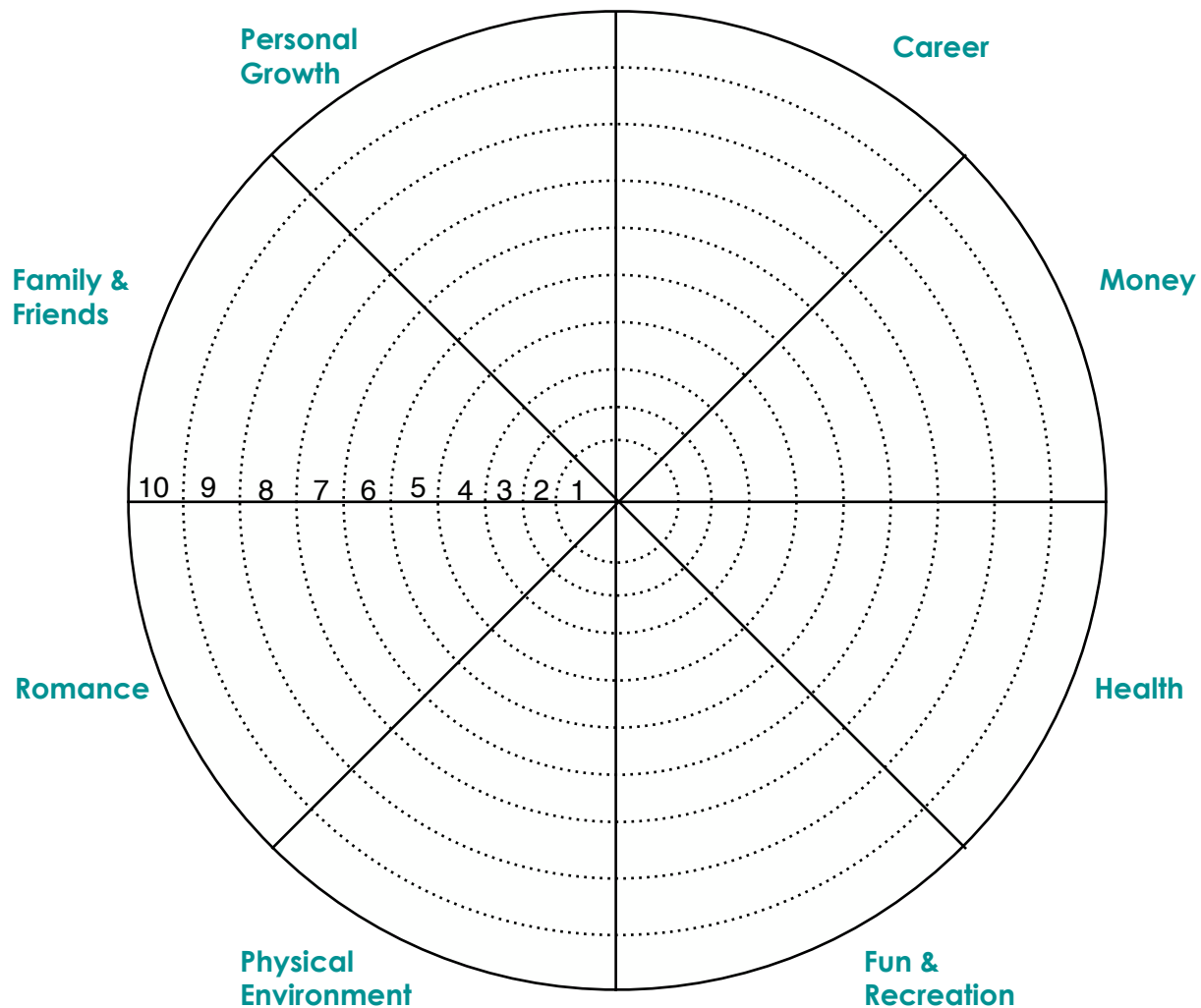


# goal setting wheel



## DIRECTIONS

With the center of the wheel as 0 and the outer edge as an ideal 10. Rank your level of *satisfaction* with each core life area by drawing or colorings that area in.

**IS YOUR WHEEL GIVING YOU A BUMPY RIDE?** Once completed look at your wheel. If you notice some lows in your life that are causing your wheel to be uneven; then you have an opportunity to set a goal.

*Your situation is never hopeless!* If you are feeling bummed or mad about your wheel let that motivate you set goals and make changes.

I recommend filling out the wheel every 6 months to evaluate your progress.