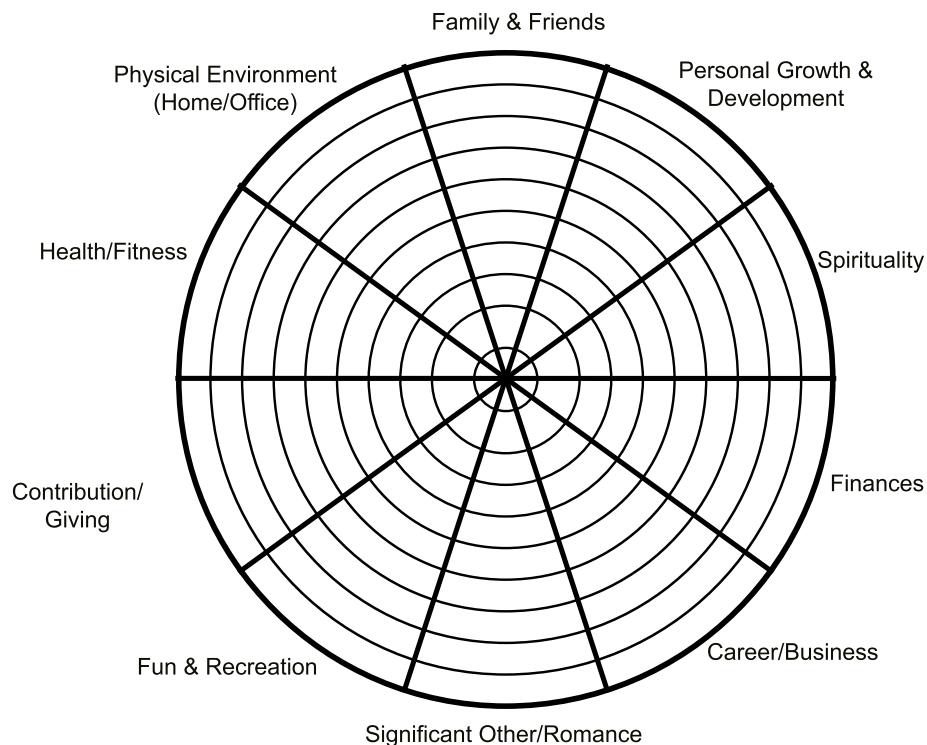


DATE: _____ Number each section 1 to 10 then shade in that pie.

WHEEL OF LIFE ASSESSMENT



1. CELEBRATE!!! List 2 actions you took to improve your life last week.

- 1. _____
- 2. _____

2. LAST WEEK: Refer to your last week's "actions". How far did you get? % Complete/Why?

- 1. _____
- 2. _____

3. What worked? What didn't work?

4. What will you keep, improve, start or stop doing?

5. New Week's Actions: List 2 actions you will take to improve your life this week.

- 1. _____
- 2. _____