

## Wheel of Life in Graph

On a scale of 1 to 10, how do you feel about the following areas of life? (10=fantastic)  
 If you think you feel like a 6, then colour the squares to include the numbers 1-6

**IMPORTANT NOTE:**

You are rating how you FEEL about the area, not how you think it *should be*, IE  
*...if your friend circle consists of 1 person, and you are very happy with this, then this score is more like an 8 or 9, rather than a low 1-3 because society thinks there 'should' be more people in a persons life or ... if you and your partner have lots in common, you don't fight, you're a great team, both are good parents but this still feels negative, don't mark this as a positive because you 'appear' to have what you think society thinks is required to feel satisfied. )*

### LIFE AREAS TO RATE

**Job & work**

This is the job or work you do day to day either daily or a week as a whole. Including feelings about the hours, the job itself (not other people)

1	2	3	4	5	6	7	8	9	10
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**Your workplace Environment**

This is the office, factory, room you work, temperature, space, comfort,

1	2	3	4	5	6	7	8	9	10
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**Money**

This can mean current money situation, income/outgoings, debts and financial arrangements with a partner

1	2	3	4	5	6	7	8	9	10
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**Future Career**

This means the imagined future of your work life in progress, (for older people what you will do when you retire

1	2	3	4	5	6	7	8	9	10
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**Home Environment Environment**

This means the physical things about the house. Its structure, furniture, state of décor, space etc

1	2	3	4	5	6	7	8	9	10
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**House/home location & type**

This means the location of your home, its surroundings and position to other things.

1	2	3	4	5	6	7	8	9	10
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**Significant Relationship**

*(not about them as a person)*

1	2	3	4	5	6	7	8	9	10
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**Sexual Satisfaction**

1	2	3	4	5	6	7	8	9	10
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**Hobbies or interests**

1	2	3	4	5	6	7	8	9	10
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**Friends and social activity**

1	2	3	4	5	6	7	8	9	10
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**Feelings around area of Family, smaller and wider family**

1	2	3	4	5	6	7	8	9	10
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**Personal Development and growth**

1	2	3	4	5	6	7	8	9	10
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