## NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spiritual Life

Physical Health

Marriage

Family-Work Balance

Stress Levels

Friends

Ministry

Professional Development

0

10

**EXAMPLE**

8

9

7

2

4

5

8

6

**WHEEL OF LIFE INSTRUCTIONS**

The 8 sections in the Wheel of Life represent balance in the systems of your life.

* Next, taking the centre as 0 and the outer edge as 10, rank your **view of these personal compartments of your life** out of 10 by drawing a straight or curved line to create a new outer edge (see example)
* The new perimeter of the circle represents a‘Wheel of Life’. Is it a bumpy ride?