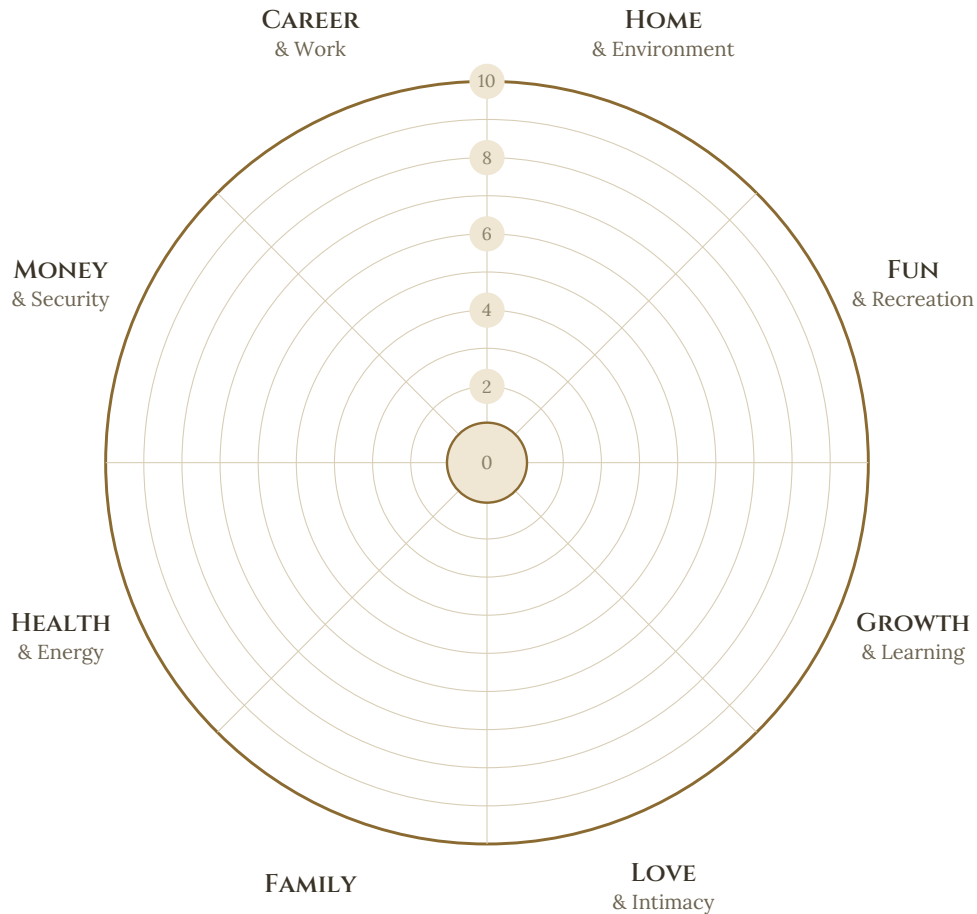


THE WHEEL OF LIFE

Ten minutes, a pen, and an honest look at the whole thing.



HOW TO FILL IT IN

1. Score each area 1–10 on satisfaction — not achievement.
2. Ask “would I choose this again?”, not “am I doing well?”
3. Score fast. Your first instinct is the honest one.
4. Shade each wedge to its score, then join the outer edge.
5. Date it. Two wheels months apart beat one perfect wheel.

READING THE SHAPE

Small and even

Something upstream is suppressing every score.

Large and jagged

The tall spokes are funding the short ones.

One collapsed wedge

The easiest to act on, the most often ignored.

Fine but feels wrong

The segments are wrong, not the scores.

WHAT IS MISSING FROM THESE EIGHT?

A wheel can only show a problem in a category you thought to include. Meaning, community and creative expression are the ones most often left off — and the ones most often unmet.