

MEASURING YOUR PEACE

# THE WHEEL OF LIFE

The wheel of life provided here will help you honestly assess your level of contentment in each area of your life.

Take a look at each section, and reflect on your current contentment level in each area.

Pick a score of 1-10 for each section, and highlight the corresponding wedge. 1 is low contentment, and 10 indicates full contentment.

Reflect on your ratings and think about why you rated this area the way that you did.

