

## Building Trust & Strengthening Relationships

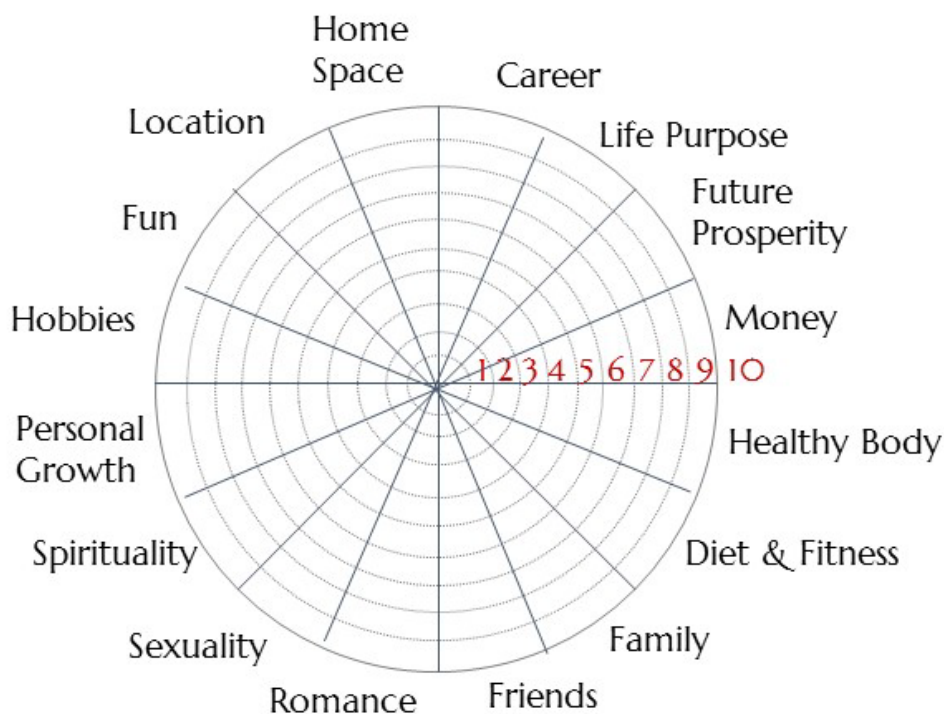
### Basic Wheel of Life

#### Self Love Assessment Tool

##### Directions:

The wheel of life contains sections that, together, represent one way of describing a whole life. The purpose of the tool is to measure your level of satisfaction in these areas. Think about what a fulfilled life would look/feel/be like in each area. Imagine the center of the wheel as 0 (least satisfied) and the outer edge as an ideal 10. Then rank your current level of satisfaction with each life area by marking a line from one section to the next on the appropriate line in each section of the wheel. Remember to be honest with your current level of satisfaction, not where you think the level should be.

Your completed wheel represents your current level of satisfaction. How bumpy would the ride be if this were a real wheel?



Call today to let Bosie International Coaching help you improve your level of satisfaction in any of these areas.