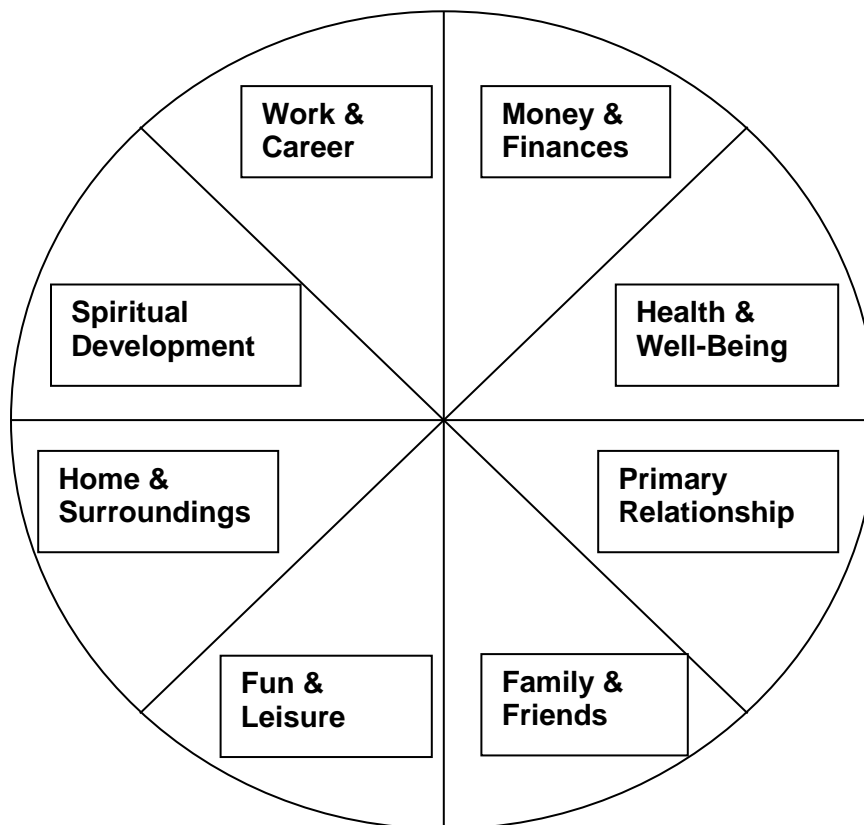


Life Wheel Exercise

The Life Wheel is a simple tool to help you do a quick, initial evaluation of your life in terms of quality, balance and personal satisfaction. There are no right or wrong answers or results in this exercise. The Wheel merely gives you an opportunity to look at your life from a simple, clear perspective. With it you can easily see which areas are more balanced and fulfilled, and which area(s) most need(s) your attention right now.



Step 1. Rate the areas above on a scale of 1 – 10 (10 as the highest) indicating your current level of satisfaction with your experiences and achievements in each of them.

Step 2. Now, go back and indicate the percentage of your time, attention and energy dedicated to *complaining* or *criticizing* each of the areas.

Step 3. Next, go through and indicate the percentage of your time, attention and energy dedicated to *praising* and feeling *deeply grateful* for each of the areas.

Step 4. Write about the results of this exercise and consider how you would ideally want your life to be reflected by this wheel. Ask yourself:

- How would you ideally want your time and energy to be distributed differently among the areas?
- What thought or belief would you have to give up in order to have your life feel balanced?
- What would it take for you to feel like you were functioning at a 10 in each area?

Step 5. Finally, contact Rev. Eileen Ramsey at <http://www.rever Ramsey.com/contact/> if you would like help with any of these areas.