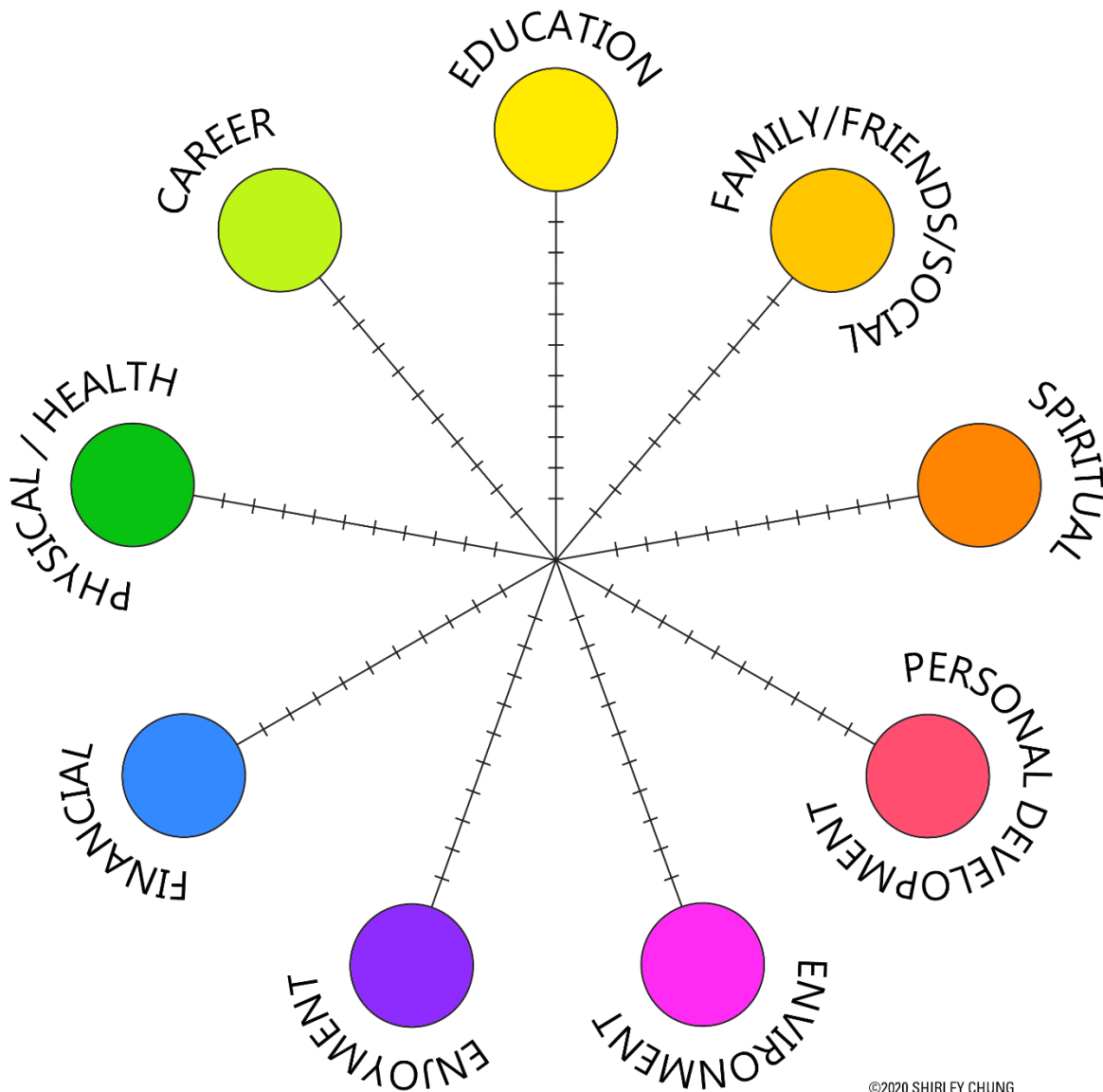


Life Wheel Exercise.

Each of the colored circles represents an aspect of life (e.g. career, family/friends/social). There are ten tick marks starting from the center (zero) to a colored circle. Reflect upon each area of life and use the tick marks to mark your fulfillment/satisfaction in that area of your life. Then connect your “dots”. What shape does it look like? Is your “life wheel” balanced (then it should look more like a circle)? Are there areas that you might want to improve in order to reach a greater sense of fulfillment/satisfaction? How might you start making small changes to achieve more meaningfulness—a greater sense of purpose?



Now here's a blank "life wheel". You can use this exercise to help you map out any area of life or project or goal. The idea is that the colored circles represent a facet/dimension of something (e.g. life). Perhaps "school" is at the center of the wheel and each of the colored circles represent some aspect of school (e.g. clinical skills, anatomy, public speaking, etc.). Self-reflection can help you identify your strengths and areas for growth.

