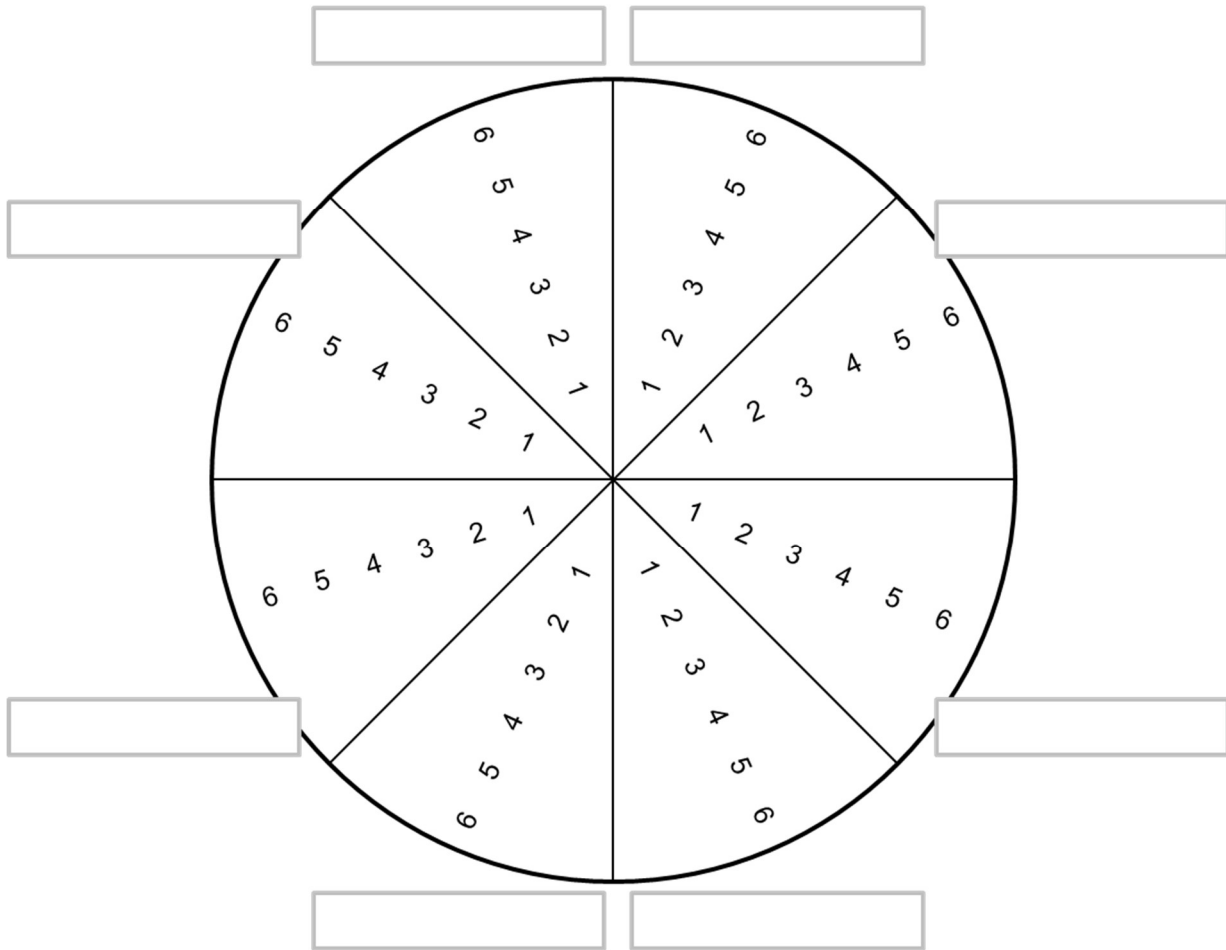# "Create-your-own" Wheel of Self-Assessment

Instructions   Identify the 8 areas that are important to you.
Circle the number that best represents your level of satisfaction in each area.
Connect the circles.
Where is your wheel flat?

6 = Completely satisfied; 1 = Completely dissatisfied