

WHEEL OF LIFE

The Wheel of Life exercise is a simple yet powerful tool for visualizing the areas of your life where you most need to see growth and improvement. Simply rank your satisfaction for each area on a scale from zero to ten, with ten being most satisfied (outer rim). Shade each section of the wheel according to your rankings. When the chart is complete, share it with your mentor or CBMC group and create some action items for the areas you want to grow in.

