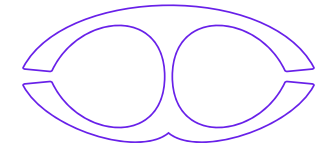
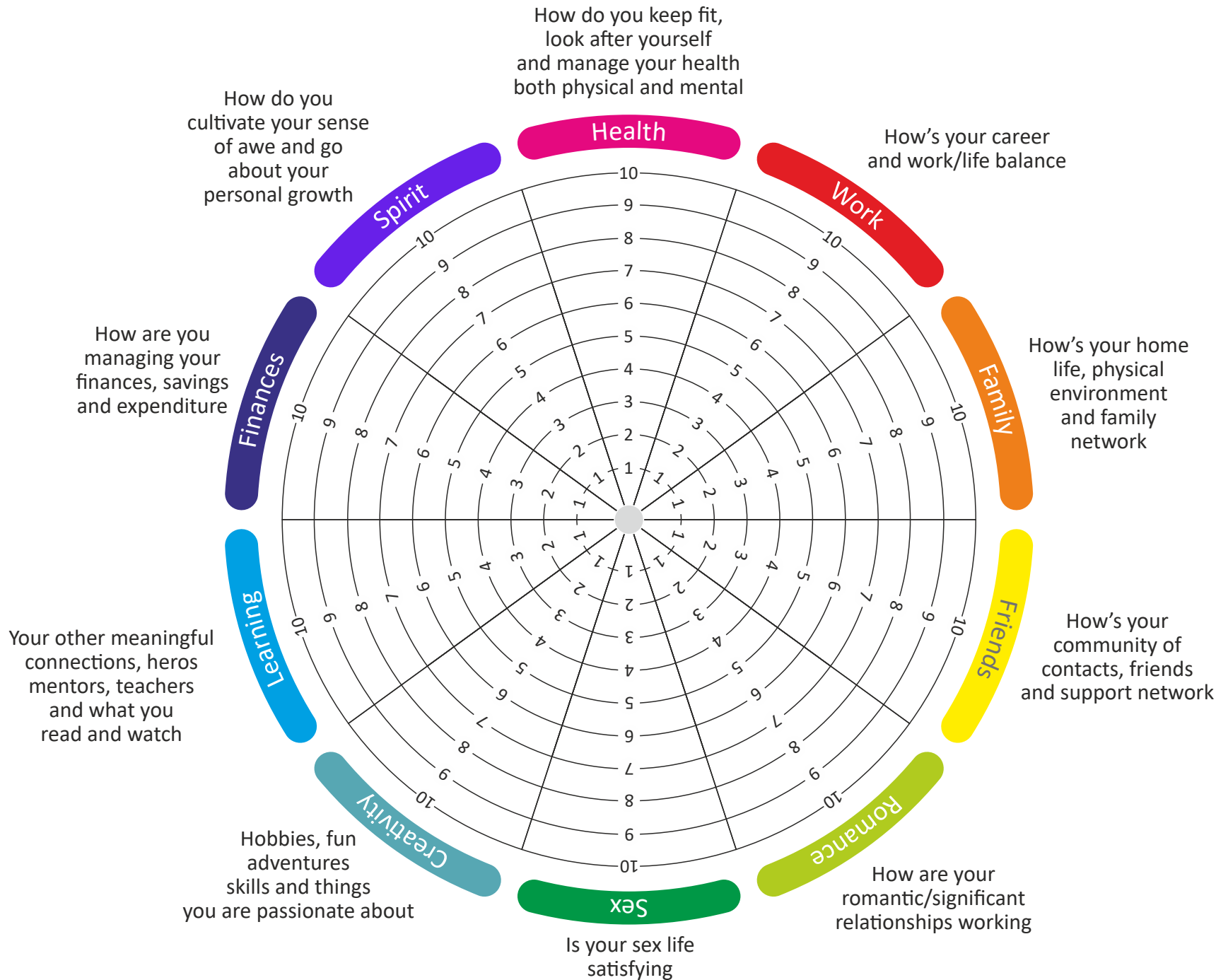


Wheel of Life



TALK-WORKS
psychotherapy



Mark each of these aspects of your life out of 10 and draw an arc on each score. This will produce a visual representation of the areas you can work on to generate the smoothest and biggest circle.