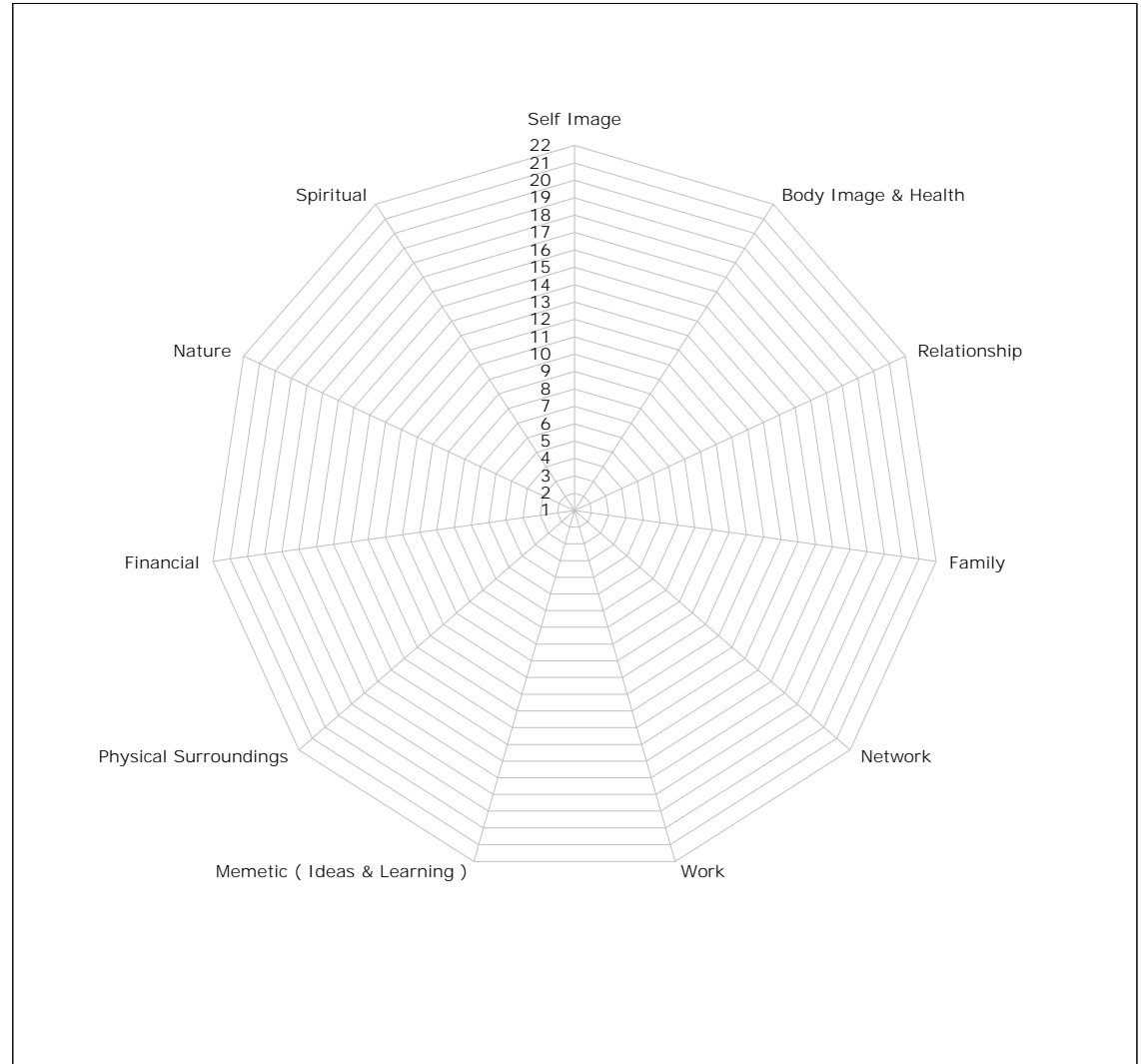


Wheel of Life

Areas	Score (1-22)
Self Image	
Body Image & Health	
Relationship	
Family	
Network	
Work	
Memetic (Ideas & Learning)	
Physical Surroundings	
Financial	
Nature	
Spiritual	

Emotional Scale	
Excerpted from: <u>Ask and it is Given</u>	
Esther and Jerry Hicks	
Joy/Appreciation/Empowered/Freedom/Love	22
Passion	21
Enthusiasm/Eagerness/Happiness	20
Positive Expectation/Belief	19
Optimism	18
Hopefulness	17
Contentment	16
Boredom	15
Pessimism	14
Frustration/Irritation/Impatience	13
Overwhelment	12
Disappointment	11
Doubt	10
Worry	9
Blame	8
Discouragement	7
Anger	6
Revenge	5
Hatred/Rage	4
Jealousy	3
Insecurity/Guilt/Unworthiness	2
Fear/Grief/Depression/Despair/Powerlessness	1



Rate how you feel about each of the 11 life areas using the Emotional Scale.
 Mark your scores on the chart with a dot on each axis.
 Connect the dots.